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For his
much Honoured
and esteemed friend
Mr Jonathan
Grantum

1769
80
1689

A
DEFENSATIVE
againſt the Plague: Contayning

two partes or treatiſes: the firſt, ſhewing the
meanes how to preſerue vs from the dangerous
contagion thereof: the ſecond, how to
cure thoſe that are infected
therewith.

Whereunto is annexed a ſhort trea-
tiſe of the ſmall Poxe: Shewing how to go-
uerne and helpe thoſe that are infec-
ted therewith.

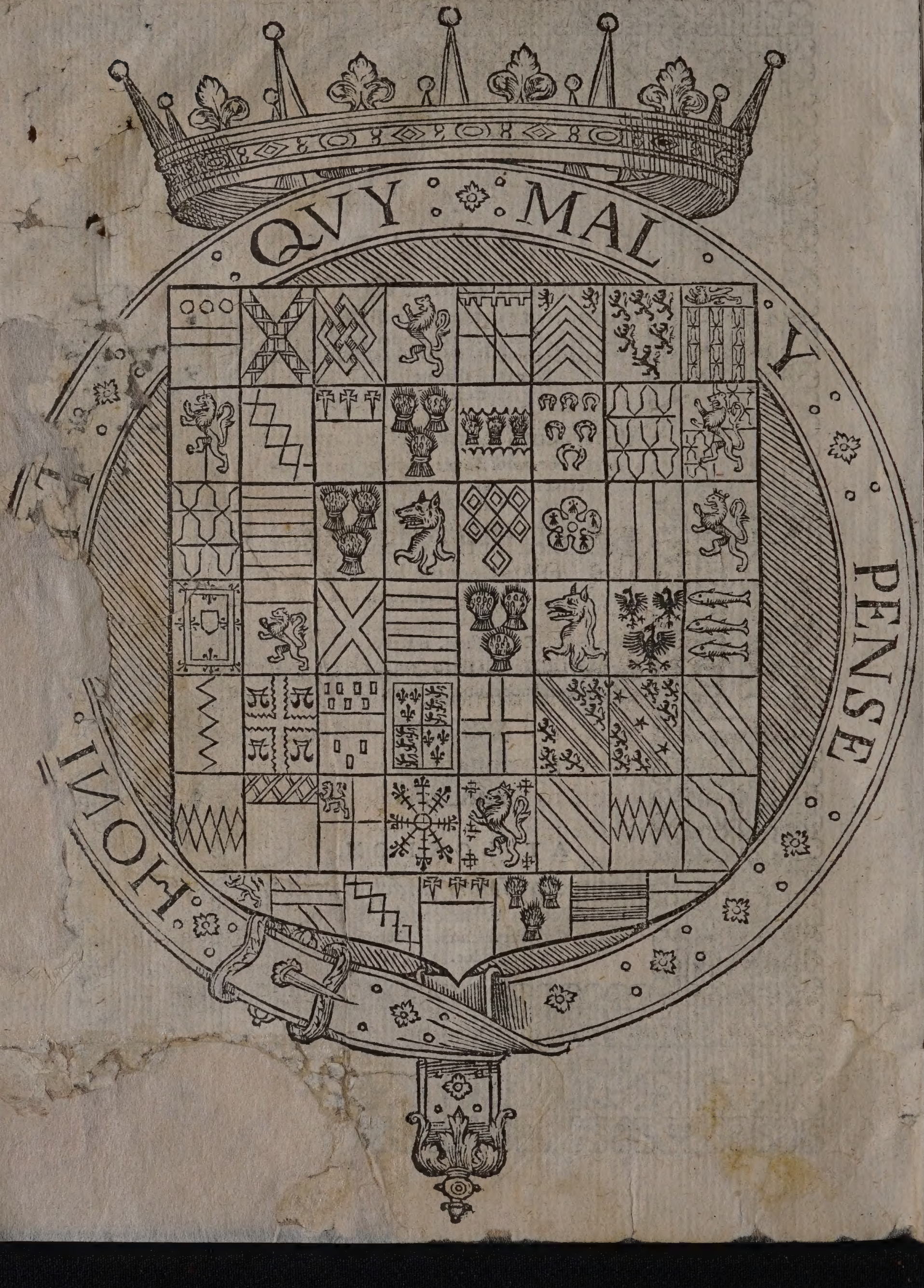
Publiſhed for the loue and benefit
of his Countrie by *Simon
Kellwaye* Gentleman.

*Eccleſiaſticus. cap.*38.

God hath created meddeſens of the earth, and he that
is wiſe will not contemne them.

AT LONDON,
Printed by *Iohn Windet*, dwelling
neere Powles Wharfe at the Signe of the
Croſſekeyes, and are there to be
ſoulde. 1593.

300,055


HONI
QVY MAL Y PENSE

To the right Honorable, Robert
Deuorax, Earle of Eſſex and Ewe,
Vicoūnt of Hereforde, Lord Ferrer of Chartley,
Borcher, and Louayne, Maſter of the Queenes Maie-
ſties Horſe, Knight of the noble order of the
Garter, and one of her Maieſties Honorable
priuie Counſell, your Honors dutifull and
louing ſeruaunt *Simon Kellwaye,*
wiſheth a long and happie life,
with encreaſe of honor
and vertue.

PLato (Right Honorable) learnedly, (I might ſay Deuinely) wrote, that men were not borne (only) for them ſelues, but for their Countrie, their parents, and friendes. The *Stoikes* in his time held, that all thinges that were created, had their being for mans vſe. Men (alone) were begotten, to be mutuall helps each to other. The *Romanes* when their eſtate moſt floriſhed, accompted him amongſt the number of the infortunate, that during his life did not manifeſt (in ſome one publique benefite or other) his affection and thankefull heart, to the place wherein he firſt breathed, inſomuch as *Marcus Otho* the Emperour, and *Marcus Curtius* a *Romane* Knight, aſwell to free them ſelues from the mallconceiued opinion of the people, as to make knowne to the world, that they were their countries deuoted friends and welwillers, willingly and voluntarily thruſt them ſelues into ineuitable dangers, in which they offred the ſacrifice of their liues for the ſafetie of their Countrie, and finiſhed their ſorowfull tragedies with the generall applauſe and admiration of all men. If theſe Heathens (hauing none but nature for their guide) proceeded ſo farre in ſuch exceeding loue and zeale towards their Countrie, as they preferred the tranquillitie and peace thereof, before their priuat commodities, liberties, and liues, how iuſtly may they condemne vs (that challenge the name of Chriſtians) ſince our good actions and endeuors want waight to ballance downe theirs. But it is no maruell, for in this declining and dotage of the world, the moſt part of men are prone to follow their owne preferments, delighting in ſelfe-loue, and greedely ſnatching at the toppe of fickle fortunes wheele, (wherein the worlds *ſummum bonum* is fixt) which with the leaſt touch ouerturnes, laying the heedles climer in the duſt, as they haue greater regard and reſpect vnto their priuate proffit and aduancement (be it neuer ſo worthleſſe) wherein they fondly diſtruſt the prouidence of God, then to the good of their countrie (how neceſſarily ſoeuer it require their helpe) wherein they ſhewe their neglect of dutie, and ſtayne them ſelues with the filth of ingratitude, then which nothing (in a reaſonable creature) can be more faultie, for creatures vnreaſonable naturally abhorre it. The conſideration whereof, hath animated me (amongſt many thouſands the vnworthieſt) in this dangerous time of ſickneſſe (not vnlikely to proue more dangerous, the worſt ſeaſon of the yeare approching) wherein God hath alreadie drawne his ſword againſt vs, and ſtricken ſome fewe, and except we cauſe him by our ſpeedie repentance to ſheath it, he (no doubt) hath determined to ſtrike vs at the quicke, how fearefully the wrath of God conſumes, if his indignation be once kindled, we all know: but who ſhalbe able to abide it? let vs therefore that haue not yet felt his furie, become wiſe by the view of others miſeries, the burnt child ſhuns the fire, but we (farre more fooliſh then children) caſt our ſelues headlong into the flame, notwithſtanding we ſee the aſhes of our friendes burnt before vs. To publiſh for the benefit of al peopl that liſt to read it, and put it in practiſe, a treatiſe contayning a method to preſerue vs from the Plague, as alſo how to order, gouerne, and cure thoſe that are infected therewith: Collected out of the authorities of the moſt excellents, both former and later writers, and for the greateſt part thereof obſerued, and tried by mine owne experience: this being the firſt publicke bud that hath ſprung of my labours, and the orphant of my ſtudies, I preſent vnto your Lordſhip as a pledge of my zeale and humble dutie towards you, and your honorable and matchleſſe vertues, deriued in part from your noble Father, but more plentifully inriched with your inuincible minde, and peereleſſe indeuors, wherein you manifeſt to the eye of the world, the true *Idea* of perfect nobilitie, leaue to ſucceeding poſteritie, a memorable remembrance of your neuer dying fame, and giue encouragement to all noble mindes, to imitate (though vnable to match your honorable reſolutions.) If your Lordſhip deigne to patronize my indeuors, (farre vnworthie ſo honorable a Patron) I ſhall be ſecurely protected from the venemous teeth of all carpers, beare (with eaſe) the burden of their reproches, waieng as light as winde: and with a fauorable aſpect from you, (as from the worlds bright eye) diſperſe all the foggie miſtes of their falſe conceiued thoughts. My labours want not their reward, if they winne your good word, nor my mind his deſire, if you vouchſafe to fauour. Thus wiſhing your Lordſhip as many happie yeares as vertues, and no fewer vertues then the firmament affords lightes, commending my labors to your honorable protection, I humblie take my leaue, this 25. of March.

1593.

Your Honors moſt dutifull
Seruant to commaunde,
Simon Kellwaye.

To the frendly Reader.

WHen I conſidered with my ſelfe (gentle Reader) the great calamitie, miſerie, and moſt diſtreſſed ſtate of our Countrie, on which it hath pleaſed God to inflict the heauie ſcourge of his wrath, by impoſing on them that poyſonous infection the plague, I therefore (as one partaker of their griefe and ſorrowe) ſeeing alſo the ſame contagion ſo generally diſperſed throughout this land, and not finding anye engliſh author that hath to my content written the meanes how to preſerue and keepe vs from the contagion thereof, haue thought it good to publiſh this ſmall treatiſe vnder the title and name of a defenſatiue againſt the Plague. Which worke I haue collected and drawne from ſundrie both auncient and later writers, the which being ſhaddowed vnder the calme ſhroude of auncient conſent, and ſtrengthned with the abundant ſappe of late experience (as well mine owne, as others) I heere preſent the ſame, not ſo exquiſitely plotted with ſo orderly a method, or ſo finely polliſhed with ſo filed an eloquence, thereby to breede a delight to the learned, which would be a loathing to the vnlearned, I haue therefore thought beſt to diſcloſe it, euen in the playneſt manner I could deuiſe, whereby the ſimpler ſort might reape the commoditie thereof, whoſe ſafetie I tender, and for whoſe ſakes I haue taken this paynes. I doubt not but that *ſome* (Ariſtarchus *or other) whoſe filthie ſtomackes being inflamde with malice, will attempt to nip off the crop of my future hope, obiecting the barrennes of my ſoyle wherein it firſt tooke roote, and my want of skill in trimming and proyning it as it would require to be ſuch, as ſmall hope of frute is to be loked for to proceede thereof, but high diſdaine willeth no man good, I giue them leaue to gloſe as they liſt, knowing it moſt friuolous to afford vnto ſuch an anſwere, ſeeing in ſtead of reaſon there commeth nothing from them but either a diſdainefull ſmile, or a ſcornefull mocke (but it skilleth not) ſith many of my ancients haue taſted of their mallice, whome I may iuſtly compare to* Antiphilos, *that peereleſſe pickthancke. Only vppon this hope do I reſt, that as in good will and loue I haue done it, ſo the well diſpoſed will cenſure it in the beſt ſort, and where defects are (as I doubt not of many) they will in friendly and charitable manner correct and amend the ſame, which may occaſion me to take ſome further paynes heereafter. Farewell. From my houſe this 25. of March.*

1593.

Thine in all
friendly loue,
S. K.

George Baker, in commendation *of the Author.*

AMongſt all the heynous offences that euer were, none were in time paſt ſo ſharply puniſhed, nor more ſtrayter lawes made, then for ingratitude: and in my iudgement nothing can more grieue an honeſt mind (eſpecially where good is deſerued) then to be recompenſt with euill. I doo not thinke that this booke can paſſe cleane away with the good liking of euery one, but that it will drinke of the ſame enuious cup, that other famous workes heretofore haue done. I could rehearſe a number that haue complayned thereof, whoſe eternall fame ſhall neuer be extinguiſhed. The Author of this treatiſe, his good and zelous intent, and ſufficiencie in his profeſsion, I knowe to be ſuch, as deſerueth well. His willing and godly mind to do his countrie good, (not only this booke) but alſo many people both rich and poore that haue already receyued helpe at his hands, can and will teſtifie the ſame. This which he hath written is no new inuention, but the ground thereof allowed, both of auntient and later writers: and beſides he hath conſidered that in euery place a good Phiſition is not to be gotten at all times, ſo that the partie infected may be dead before any ſuch helpe can be had, (yea) and the moſt part of the beſt of them will not hazard them ſelues in ſo dangerous an enterpriſe: he conſidering the ſame, hath heere taught the moſt eaſye and approued medicines, with the whole order of the cure, not only for ſuch as are infected, but alſo haue to preſerue them that are ſounde. What doth he deſerue that thus hath done, let the better ſort iudge: for the reſt, I thinke if either they haue the feare of God, any ſparke of honeſtie, or iudgement in any thing, they will for ſhame hold their peace, leaſt their ignorance and hatred bewray their folly, and ſo deſerue the ſame puniſhment which the wiſeſt ſort haue alreadie ſet downe, which I hope none will ſo wilfully hazard to incurre. Now, conſidering his zealous intent, it is the part of euery good minde, to encourage him in ſo godly, and good an enterpriſe, whereby others may be animated to do the like: and therefore conſidering the goodnes of the matter, and neceſsitie of the cauſe, the whole common wealth is to embrace him, who lookes but only for a thankefull acceptance in lewe of his trauell, which is the leaſt may be yelded him. Farewell. From my chamber at the Court this 6. of Aprill. 1593.

G. Baker.

The Author to the Reader.

FOr that there are diuers Receats in this booke which are written in Latin, becauſe in ſome of them many things which enter therein can not be brought into an apt engliſh phraſe, neither are they to be had, but only at the Apottycaries, and becauſe their quantities are written according to the Latin order, I haue heere ſet downe what the ſignification of euery waight and meaſure doth meane.

A handfull is written thus ——————— M.j.
Halfe a handfull thus ——————— M.ß.
A little handfull thus ——————— P.j.
A Scruple thus ——————— ℈.j.
A Dramme thus ——————— ʒ.j.
An ounce thus ——————— ℥.j.
Halfe an ounce, or halfe a dramme thus —— ℥.ß.– ʒ.ß.
An ounce and halfe, thus ——————— ℥.j.ß.
A Grayne thus ——————— G.j.
The number of any thing, thus ——————— no.j.&c.
A Pound, is thus ——————— l.j.
So much as ſhall ſuffice, thus ——————— q.ſ.
(Ana) is of either of them.
xx. Graynes make a Scruple.
iij. Scruples, make a Dramme.
viij. Drammes, make an ounce.
xij. Ounces, make a pound.

To the Reader.

And for ſuch faultes as by the Printer are omitted, let me craue this fauour at thy handes, that before thou enter to reade this Booke, to beſtow a little paines with thy pen to correct them, ſo ſhalt thou make the true meaning and ſenſe of the matter the more playne vnto thee, and ſuch faultes as by a ſcarborrowd ouer-reading I haue found, as alſo the correcting of the ſame, I haue here following ſpecified.

Farwell, from my houſe at Kingſmill in Deuon the 8. of Aprill 1593.

Thine in all
friendly loue,
S. K.

Faultes eſcaped in Printing.

Fol.	line.	fault.	Cor.
4.	38.	forſyrrop	the ſyrrop
30.	7.	venimous matter	the venimous matter
39.	64.	pockes were fonnd	pockes are found

A defenſatiue againſt the plague:

The firſt treatiſe.

Cap. 1.

What the plague is.

The auncient phyſitions in times paſt haue greatly doubted what the eſſential cauſe of this diſeaſe, which wée commonly call the plague, or peſtilence ſhould be: yet all do agrée that it is a pernitious and contagious feauer, and reckned to be one of the number of thoſe which are called Epidemia, chiefely procéeding of aduſted and melancholike bloud, which may be eaſily perceiued by the extreame heate and inflammation which inwardly they doe féele that are infected therewith, firſt aſſalting the harte, and aſtoniſhing the vitall ſpirites, as alſo by the exterior Carbunkles and botches which it produceth: whoſe malignitie is ſuch, both in yong and olde, rich and poore, noble and ignoble, that vſing all the meanes which by art can, or may be deuiſed, yet in ſome it will in no ſorte giue place, vntill it hath by death conquered the partie infected therewith.

Cap. 2.

Cauſe of the plague.

There are diuers cauſes whereof this diſeaſe may proceede, as ſundrie writers do aledge, as by ouer great and vnnaturall heate and drieth, by great rayne and inundatyons of waters, or by great ſtore of rotten and ſtincking bodies, both of men and beaſtes, lying vppon the face of the earth vnburied, as in the time of warres hath bene ſeene, which doth ſo corrupt the ayre, as that thereby our Corne, Fruites, Herbes, and waters which we dayly vſe for our foode and ſuſtenaunce, are infected: alſo it may come by ſome ſtincking doonghils, filthie and ſtanding pooles of water, and vnſauery ſmelles which are neere the places where we dwell, or by thruſting a great companie of people into a cloſe narrow, or ſtraight roome, as moſt commonly we ſee in ſhippes, cōmon Gayles, and in narrow and cloſe lanes and ſtreetes, where many people doe dwell together, and the places not orderly kept cleane and ſweete. But moſt commonly in this our time it is diſperſcd amongſt vs, by accompaning our ſelues with ſuch as either haue, or lately haue had the diſeaſe them ſelues; or at leaſt haue beene conuerſant with ſuch as haue bene infected therewith. But for the moſt parte it doth come by receauing into our cuſtody ſome clothes, or ſuch like things that haue bene vſed about ſome infected body, wherin the infection may lye hidden a long time: as hath bene too too oftē experimented with repentance too late in many places. It may alſo come by dogs, cats, pigs, and weaſells which are prone and apt to receiue and carrie the infection from place to place. But howſoeuer it doth come, let vs aſſure our ſelues that it is a iuſt puniſhment of God layde vpon vs, for our manyfold ſinnes and tranſgreſſions againſt his diuine Maieſtie: for as Seneca ſayth, quicquid patimur ab alto venit, what croſſes or afflictions ſoeuer wee ſuffer it commeth from the Lord, either for a triall of our faith, or a puniſhment for our ſinnes. Wherefore; to diſtinguiſh any farther thereof, I thinke it needleſſe: for my entent is in briefe ſort ſo exactly as I can; to ſhew the meanes how to preuent the ſame, as alſo how to cure it when we are infected. But, before I enter to intreate thereof, I thinke it not a miſſe to ſhew what forewarninges and tokens are giuen vs before hand of the comming thereof, thereby the better to preuent the ſame by prayer and repentance.

Cap 3.

Warninges of the plague to come.

AVicen a noble Phyſition ſaith, that when wee ſee the naturall courſe of the ayre, and ſeaſons of the yeere to be altered, as when the ſpringe time is colde clowdie, and drie, the harueſt time ſtormie and tempeſtuous, the morninges and euenings, to be very colde, and at noone extreame hote, theſe doe foreſhew the plague to come. Alſo, when wee ſee firie impreſſions in the firmament, ſpecially in the ende of ſommer, as commets and ſuch like, and that in the beginning of harueſt we ſee great ſtore of little frogs, red toades and myſe on the earth abounding extraordinarily: or when in ſommer we ſee great ſtore of toades creeping on the earth hauing long tayles, of an aſheye colour on their backes, and their bellies ſpotted and of diuers colours, and when we ſee great ſtore of gnattes to ſwymme on the waters, or flying in great companyes together, or when our trees and herbes doe abounde with caterpillers, ſpiders, moathes and ſuch like, which deuoure the leaues on the trees, and herbes on the earth, it ſheweth the ayre to be corrupt, and the plague ſhortly after to follow. Alſo, by the beaſtes of the fielde, we may perceiue it, (eſpecially ſheepe) which will goe mourning with their heades hanging downe towarde the ground, and dyuers of them dying without any manyfeſt cauſe knowne vnto vs. Alſo when we ſee yonge Children

Firie impreſſions.

Frogs and Toades.

Gnattes.

Trees and Herbes.

Beaſtes.

Children,

flocke them ſelues together in companyes, and then will faine ſome one of their company to be dead amongſt them and ſo will ſolemnize the buriall in a mournefull ſorte, this is a token which hath bene well obſerued in our age, to foreſhew great mortallitie at hand. Ryuers. Alſo, when wee ſee ryuers of water to ouerflow without any manyfeſt cauſe, or ſoddenly vaniſh away and become drie; and when cleare wellſpringes doe ſodenly become foule and trobled. Poxe. Alſo, when the ſmall Poxe doth generally abounde, both in yong and olde people, all theſe doe foreſhew the plague to come.

Cap 4.

Sheweth how to preuent the plague.

There are three principall meanes, how to preuent this contagious diſeaſe: the firſt and chiefeſt is to acknowledge our manifolde ſinnes and wickednes vnto almightie God our heauenly father, with a hartie repentance and amendment of our former ſinnes committed againſt his diuine maieſtie.

The ſecond meanes is to flye far off from the place infected, and as Rondoletius ſayth, not ouer haſtely to returne there againe, for feare of an afterclap: which ſaying is confirmed by Valetius, in theſe wordes, non enim morietur in bello, qui non eſt in illo: and the farther from it, the ſafer ſhall we be, yet were it a very vncharitable courſe, that all which are of abillytie ſhould ſo doe: for then howe ſhould the poore be relieued, and good orders obſerued: but for children it were beſt to ſend them far off from the place, becauſe their bodyes are moſt apt to receiue the infection, as alſo for that they cannot ſo continually vſe antidotes and preſeruatiues, which by their great heate may indanger them almoſt ſo much as the diſeaſe it ſelfe.

The third meanes conſiſteth chiefly in three poyntes, which are theſe: Order, Diet, and Phyſicall helpes. Foꝛ the firſt you muſt haue a care that your houſes bee kept cleane and ſweete, not ſuffering any foule & filthy clothes oꝛ ſtincking thinges to remaine in, noꝛ about the ſame: and in ſommer ſeaſon to decke your windowes, and ſtrawe your flooꝛes with ſweete and holſome herbes, floures and leaues as Mintes, Balme, Pennyꝛiall, Lauender, Time, Marioram, red Roſes, Carnations, Gelleflowres and ſuch like, foꝛ your windowes, your flooꝛes to be ſtrawed with greene Ruſhes, and Mynts, Oken and willow leaues, Vine leaues and ſuch like: your windowes which ſtand towarde the Noꝛth and Eaſte, doe you alwaies keepe open in the daye time, (if the aire be cleare and that no infected and vnſauery ſmell be neere the ſame) as fogs, doonghils, and ſuch like, and euery moꝛning befoꝛe you open either your dooꝛes oꝛ windowes, as alſo in the euening when you goe to bed, cauſe a good fire to be made in your chamber, and buꝛn ſome Odoriferous oꝛ ſweete perfume in the middeſt thereof, as hereafter I will ſhew you, oꝛ in ſteede therof, ſome Iuniper, Frankincenſe, Baye leaues, Roſmary, Lauender, Marioꝛam, oꝛ ſuch like, which you muſt alwayes haue dꝛied in a reddynes, and ſo in the fume oꝛ ſmoke thereof, to bꝛeath and perfume the clothes which you are to weare.

Herbes good for a perfume.

A good perfume in ſommer ſeaſon.

℞ Roſe water and vineger,	of either	ſixe ſponefulls.
Rindes of ſowre Citrons & lymons Baye leaues	of either:	the waight of two pence which is j. ℈.
Camphire		the waight of iij. pence which is halfe. ʒ.

The herbes and rindes muſt be dried, and put altogether in a perfuming panne, or in ſteede thereof a pewter diſh ſet on a chafer of coles, will ſerue the turne.

An other good perfume in winter.

℞	Red roſes Marioram & Myrtles	of either	a little handfull.
	Callamint Iuneper berries Ladanum Beniamin Frankincenſe	of either	one ʒ. which is the waight of vij. pence.

The herbes, berries, and roſes, being dried, muſt bée made in groſe pouder, as alſo the gummes, and ſo mixed together, and when yée lyſt, caſt ſome parte thereof on a chafer of coles, and receaue the fume thereof.

Cap. 5.

Now hauing receiued the fume as aforeſayde, before you goe foorth of your chamber, eate ſome Cordiall electuary or preſeruatiue, as hereafter you ſhall finde choyſe, which I haue alwaies vſed with good and happie ſucces, after taking of the Cordiall, waſh your face and handes with cleane water, wherein you muſt put a little vineger, and then if you liſte, you may breake your faſt with ſome good bread and butter, and in winter ſeaſon a poycht Egge is good eaten with ſome vinegar: and for plethoricke and melancholicke bodies, it were good to drinke a drafte of wormewood wine, in the morning faſting, becauſe it reſiſteth putrefaction in the plethoricke, and purgeth bilous matter in the melancholike.

Wormwood wine commended.

An excellent good preſeruatiue; which I haue alwayes vſed with good ſucceſſe.

℞

Conſerue of Roſes and borrage flowres	of either	two ounces.
Minardus, Mitridat, Andromachus triacle	of either	halfe an ounce.
Dioſcordium,		two drammes,
Dialkermes,		one dramme.
Pouder of the ſeede of Citrons pilled		one dramme.
Syrop of lymons and ſower Citrons	of either	halfe an ounce.

Compounde all theſe together, in the forme of an opiat you may eate hereof euery morning, the quantitie of three beanes, and drinke a drafte of Renniſh wine, beere or ale, after it: but for Children and ſuch as are of tender yeeres, ſo much as a beane thereof is ſufficient, and giue them only beere or ale after it: the taking hereof euery ſeconde or third day will ſuffice, if you goe not into any ſuſpected company.

An other excellent good preſeruatiue.

℞

Kernels of walenuts and figs,	of either	foure ounces.

Leaues of rue	one ounce and halfe,
Tormentill rootes	iiij. drammes.
Rinde of ſowre Citrons	one dramme,
Right Bolarmeniake	vj. drammes,
Fine Mirre	ij. ſcruples.
Saffron	one ſcruple.
Salte	halfe a dramme,
Syrop of Citrons and Lymons,	iiij. ounces.

The herbes, rootes, and rindes muſt be dried, the nuttes muſt be blanched, and the bolarmonyake muſt bée made in fine pouder, and then waſht in the water of ſcabios, and dried againe, you muſt pound the figges and walenuts in a ſtone morter ſeuerally by them ſelues very ſmall, all the reſt muſt be made in fine pouder, and ſo mixe them altogether in the morter, and then adde therto Syrop by little and little, and ſo incorporat them all together: you may giue this in the ſame quantytie, and in like ſorte as the other before.

An other very good

℞ Of the confection aforeſaid made with Nuttes,	iiij. ounces.
Minardus mitridat,	iiij. drammes,
Andromachus triacle,	ij. drammes,
Fine terræ Sigillatæ,	iiij. ſcruples,
Syrop of Lymons,	one ounce.

Compounde all theſe together in the morter, as the other before, you may giue hereof the waight of a groate or vi pence, euery ſecond or third day, & drinke a draft of Renniſh or White wine after it in winter ſeaſon, but in the heate of the yeere, Sorrel water is beſt, and in the ſpring Scabios or Cardus benedictus water.

Alſo, ſo much Triacle of Andromachus diſcription eaten euery morning as a beane, with a little conſerue of Roſes, is a very excellent good preſeruatiue.

Valetius, doth greatly commend the taking of three or foure graines of the Bezoar ſtone euery morning, in a ſponefull of Scabios water.

I cãnot here ſufficiently commend the electuary called Dioſcordium, which is not onely good to reſiſt the infection but doth alſo expell the venimous matter of thoſe which are infected, being taken euery morning and euening, the quantitie of a beane, and drinke a draft of Renniſh or White wine after it, in winter ſeaſon, but in ſommer a draft of beere or ale is beſt.

In ſtrong and ruſticall bodies, and ſuch as are daylie labourers, Garlike onely eaten in the morning with ſome Butter and Salt at breakfaſt, drinking a cup of beere or ale after it, hath bene found to be very good: which is greatly commended by Gallen, who calleth it the poore mans Triacle: but in the ſanguin, daintie, and idle bodies, it may not be vſed becauſe it ouer heateth the bloud, cauſeth headach, and vniuerſally inflameth the whole body.

Garlicke good in ruſticall bodies.

Cap. 6.

NOw when you haue taken any of the foreſaide preſeruatiues, it were good and neceſſary to weare vpon the region of the harte, ſome ſweete bag or quilt that hath power to reſiſt venem, and alſo to carry in your hand ſome ſweete Pomander, Nodule, or Noſegaie, that will comforte the hart, reſiſt venem, and recreate the vitall ſpirites, as here following is ſpecified and ſet downe.

An excellent quilt or bag.

℞	Arſenike criſtaline,	one ounce.
	Diamargaritum frigidum,	ij. ſcruples.
	Diambræ,	one ſcruple.

You muſt grinde the Arſenike in ſmal pouder, and then with ſome of the infuſion of Gum Draggagant in Roſe water, you muſt make a paſte, then ſpread it on a cloth which muſt be ſixe ynches long, and fiue ynches broad, and ſpread it thicke: then couer it with an other cloth and ſo quilt it together, which being done, faſten it in an other bag of Crimſon taffetie or Sarſnet, and ſo weare it againſt the harte al the day time, but at night leaue it off: and here you muſt take heed, that when you ſweat, you doe take it away, for otherwiſe it will cauſe the ſkinne to amper a little. There are ſome writers which doe vtterly forbid the wearing of Arſenike: but thus much I can ſay; that I haue giuen this bag vnto diuers to weare, with moſt happie and good ſucceſſe, for neuer did I yet know any one that hath worne this bag, and vſed any of the electuaries aforeſaid, that hath bene infected with the plague, but for any inconuenience or accident that hath hapned thereby, I neuer found any hetherto, other then the ampring of the ſkinne as aforeſayd.

An other bag.

℞	Irrios,	halfe an ounce.
	Calamus aromat Ciperus,	of either one dramme and halfe.
	Storax, Calam, roote of Angelica	of either three drammes.

Cloues,	of either	one dramme,
Mace,		
Red roſes dried,		iij. drammes.
Pellemountaine,	of either	one dramme and halfe.
Peniriall,		
Callamint,		
Elder floures,		
Nutmegs,	of either	one dramme.
Cinamon,		
Yellow ſanders,		
Nardi Italicæ,		one dramme,
Amber greece, and muske,	of either	ſixe graines,

You muſt pound all theſe in pouder and then quilt them in a bag of Crymſon taffatie as aforeſaide.

A Pomander good in the ſommer time.

℞

The rind of Citrons,	of either	halfe a dramme.
Red Roſes,		
Nenuphare roſes,		
Yellow ſanders,		
Storax liquid,	of either	one dramme.
Beniamin,		
Myrre,		two ſcruples.
Ladanum,		one dramme and halfe.
Muske and amber,	of either	ſixe graines,

Pouder all that is to be poudred, and then worke them together in a whote morter, with a whote peſtell, adding vnto it in the working ſome of the Muſſelage of draggagant diſſolued in ſwéete roſe Water, or roſe Vinegar, and ſo make your Pomander.

An other good one for the Winter time.

℞

Storax liquid, Beniamin, Storax calamint, Ladanum, and Myrre	of either	halfe a dramme.
Cloues,		one ſcruple.
Nutmegs, Cinamon,	of either	halfe a ſcruple.
Red roſes, Yellow ſanders, Lignum alloes and Irrios.	of either	halfe a dramme.
Calamus aromaticus, rind of a Citron.	of either	foure graines.
Amber greece, Muske, and ſiuet,	of either	ſixe graines.

You may make vp this, as the other before, with ſome Muſſelage of the infuſion of Gum draggagant, infuſed in Roſe water.

A good Nodule for the ſommer ſeaſon.

℞	Floures of Violets red Roſes and Nenuphare.	of either	one dramme.
	Red, White, and Yellow ſanders	of either	halfe a dramme.
	Camphire,	xij. graines,	

Cauſe all theſe to be beaten in groſe pouder, then knit them all together in a péece of Taffetie and when you will vſe it, then wet it in roſe Water and a little Vinegar, and ſo ſmell to it.

An other Nodule for the winter ſeaſon.

℞	The dried leaues of Mintes, Marioram, Tyme, Peniriall, Lauender, Pellemountaine, and Balme,	of either	a little handfull.
	Nutmegs, Cloues, Cinamon, Angelica rootes, Lignum alloes,	of either	one dramme.
	Saffron,	two ſcruples,	

Cauſe all theſe to be infuſed in roſe Water and Vinegar, one whole night, then wet a ſpunge in the liquor thereof and knit it in a péece of Taffatie, or your handcarchiefe, whereunto you muſt ſmell often times.

A Noſgaie for the ſame purpoſe.

℞	Herbe grace,	three branches.
	Roſmarie, Marioram, Myntes, and Time,	of either one branch.
	Red roſe buddes and Carnations,	of either three or foure.

Make your Noſegay herewith, then ſprinkle him ouer with roſe Water, and ſome roſe Vinegar, and ſmell often vnto it. Alſo, when you ſuſpecte to goe into any dangerous or infected company doe you alwaies carry in your mouth a péece of the roote of Angelica, the rinde of a Citron dried, or a great Cloue, which muſt bée firſt infuſed or ſtéeped one whole night in roſe Water and Vinegar.

Cap. 7.

FOr that there is not a greater enimie to the health of our bodies then coſtiunes, both in the time of the plague and otherwiſe, I haue here ſet downe howe and by what meanes you may kéepe your ſelfe ſolyble, which you muſt vſe once in foure and twentie houres, if otherwiſe you haue not the bennefit of nature by cuſtome.

A ſuppoſitorie.

Take two ſponefuls of Hony and one ſponefull of Baye ſalte, ſmall pounded, boyle them together vntill it grow thicke, alwaies ſtirring it in the boyling, then take it from the fire, & if you liſte you may ad one dramme of (Ihera picra ſimplex) vnto it: and ſo ſtirre them wel together, and when it is almoſt colde, make vp your ſuppoſitories, of what length and bignes you liſt: and when you miniſter any you muſt firſt annoynt it with butter or Sallet oyle: you may keepe theſe a whole yeere if you put them in Barrowes morte or greaſe, and ſo couer them vp cloſe therein.

A good Gliſter.

℞	Mallowes, Mercurie, Beets, Violets, Red Fennell,	of either one handfull.
	Seedes of fennel, Annis, Coriander,	of either one dramme.

Boyle all theſe in a ſufficient quantitie of Water, vntil halfe the water be conſumed, then ſtraine it, and keepe it in a glaſſe cloſe ſtopt, vntill you neede, for it will keepe a whole weeke. Take of the ſame decoction, a pinte.

Mel roſarum, or common Honie,	one ſponefull.
Oyle of Violets or oyle of Oliues,	three ounces,
Salte,	one dramme,

The yolke of an Egge or two.

Mixe all theſe together in a morter and ſo giue it warme in the morning, or two houres before ſupper: and if yée adde vnto this one ounce of Diacatholicon it will bée the better.

Rayſins laxatiue how to make them.

	White wine,	three pintes and halfe.
℞	Sennæ,	halfe a pound.
	Fine white ſugar	one pound.
	Currantes,	two poundes.

You muſt infuſe the Senne in the wine, in a pot cloſe ſtopt, and let it ſtand in a warme place, foure and twentie houres, then ſtraine it, and adde to the ſtrayning the Currants being cleane pickt and waſht, and laſtly the Sugar, boyle all together on an eaſie fire, vntill the wine be conſumed, hauing care that you doe alwaies ſtirre it about in the boyling for feare of burning, then take them from the fire, and put them vp into a cleane galley pot, you may eate one ſponefull or two of them a little before dinner, at any time.

A good Oyntment to keepe on Sollible.

The gaule of an Oxe,	of either	one ounce.
Oyle of violets,		
Sheepes tallow,		ſixe drammes.

Boyle them together on a ſoft fire vntill they be incorporated, then take it from the fire, and adde there to,

Alloes cicatrine,	one ounce.
Baye ſalt,	halfe an ounce,

The Alloes and Salte muſt be both made in fine pouder, before you put them into the Oyle, then ſtirre them together vntill it be colde, and when you are diſpoſed to haue a ſtoole, then annoynt your fundment therewith, both within ſide and without, and if you annoynt your nauell therewith, it will worke the better.

Good pils to keepe one Sollible and doe alſo reſiſt the peſtilence.

℞

Alloes, Cicatrine,	one ounce.
Choſen Myrre,	three drammes.
Saffron,	one dramme and halfe.
Amber greece,	ſixe graines.

Syrop of limons or Citrons, ſo much as ſhalbe ſufficient, to make the maſſe,

You muſt grinde the Alloes, Myrre, and Saffron into ſmall pouder, ſeuerally by them ſelues, then incorporat them altogether, with the ſyrope: you may giue halfe a dramme or two ſcrupls therof, in the euening halfe an houre before ſupper twiſe or thriſe in a wéeke: Raſes, would haue you to take halfe a dramme or two ſcruples of theſe Pilles euery day, without vſing any other preſeruatiue at all, and he hath great reaſon ſo to eſtéeme of them, for Galen, Auicen, and all auncient writers in Phyſicke, doe holde opinion that Alloes doth not only comfort but purge the ſtomake from all rawe and chollericke humors, and doth alſo purge and open the vaynes called Miſerayce, and reſiſteth putrefaction: Myrre doth altogether reſiſt, neither will it ſuffer putrefaction in the ſtomacke: Saffron, doth comfort the hart, and hath alſo a proprietie in it to carry any medicine that is giuen there with vnto the hart, but to conclude, theſe Pilles will purge all ſuperfluous humors in the ſtomacke, and principall members: and preſerueth the bloud from corruption.

Cap. 8.

I Muſt here giue you to vnderſtand that the infection doth often times lye hidden with in vs, without any manifeſt ſigne or knowledge thereof at the firſt, and therefore were it good for ſauguine bodies and ſuch as doe abound with bloud, in the ſommer ſeaſon to drawe ſixe or eight ounces of bloud out of the baſilica vaine in the right arme, which is a good meanes to preuent a further danger, (as Auicen witneſſeth) but for full and plethoricke bodies, it were beſt to purge them ſelues once in ſeuen or eight daies with ſome eaſie and gentle purgation, as hereafter I will ſhewe you: but for leane and ſpare bodies; once in fourtene dayes wilbe enough at moſt: for wiſely ſayth Rondoletius, yͭ it is not only the vēnemous and contagious ayre which we receiue that doth kill vs, but it is the preſent communicating of that contagion, with ſome ſuperfluous humors in our bodies, as in his treatiſe De peſte appeareth: therefore now will I ſhew you how to purge the body.

Pilles good to purge.

℞ Alloes Cicatrine, tenne drammes.
Aggaricke, of the whiteſt, foure drammes.
Myrre,
Maſticke, of either two drammes.

Saffron, two ſcruples.

Make theſe in fine pouder, then compound them together in a morter, with ſo much Oximell ſimplex; ſyrrop of Lymons, or of Sticados, as ſhalbe ſufficient, you may giue one dramme, or a dramme and halfe of theſe Pilles, halfe an houre before ſupper: but for a chollericke bodie, you muſt leaue out two drammes of the Aggaricke in making of the receipt, and in place thereof adde two drammes of Rubarbe, and for the melancholike, two drammes of Epithimum and giue the ſame quantitie in waight.

Flegme.

Choller.

Mellancholye.

A good purging potion.

℞

Rayſins, the ſtones pickt out and waſht,	~~of either~~	one ounce.
Polipode of the oke: Elecampane roote dried rootes of wilde ſmall ſorell Succorie rootes cleanſed,	of either	halfe an ounce.
Leaues of Borrage, Buglos, Burnet, Scabios, Morſus diaboli,	of either	a little handfull.
Floures of Borrage, Buglos, Roſmarie, Violets, Broome,	of either	a little handfull.

Seedes of fennell, ſowre Citrons, of either two ſcruples,
Shauing of a harts horne, halfe a dramme.

Boyle all theſe in a ſufficient quantity of faire water untill halfe be conſumed, then ſtraine it. Take of the decoction aforeſaide, thrée ounces.

Rubarbe, two drammes and halfe,
Cinamon, halfe a dramme,

Slice them both, and put them with the liquor in a cloſe cup, and ſo let it ſtand to infuſe in a warme place, twelue houres, then ſtraine it out ſtrongly, & adde therto one ounce of the Syrrop of mayden heare, and ſo drinke it warme, in the morning about ſixe of the clocke, and refraine from meate, drinke and ſléepe two houres after it, this is góod in leane and ſpare bodies: you may, for a phlegmaticke body adde in the infuſion one dramme of Aggaricke Troſciſkated.

A purging pouder for ſuch as cannot take Pilles.

℞ Alloes cicatrine, one ounce,
Myrre, Cinamon, of either two drammes.
Saffron, one ſcruple,

Make them all in fine pouder, and giue one dramme, in a draft of white wine.

Floures ſtopt, how to prouoke them.

For that weemen which haue not their naturall courſe on them, are moſt prone to receiue and take the infection, I haue here ſet downe good Pilles, which I haue alwaies found excellent, not onely for that purpoſe, but will alſo reſiſt the danger of infection.

℞	Alloes cicatrine,	one ounce.
	Rootes of Gentian, Ariſtolochia rotunda Dittander, Saffron,	of either halfe a dramme.
	Rootes of garden madther, Mitridat,	of either one dramme.

Cauſe them all to be ground in ſmall pouder, then mixe it with the Mitridate and ſome ſyrop of Artemeſia, or mugworte, giue one dramme of theſe Pilles euery morning twelue dayes together, or vntill her tearmes breake.

Iſſues commended againſt the plague.

IN plethoricke and ful bodies, I haue found nothing more ſafer in the time of the plague, then to make them an artificiall iſſue, either in the legge or arme: for neuer hetherto haue I knowne any one which hath had an Iſſue, or Vlcer running on him, that hath bene infected with the plague. Palmarius, and Foreſtus, doe both affirme it to be true and certaine, but here ſome ignorant people doe holde opinion, that hauing once an Iſſue, hee muſt be conſtrained to keepe it alwaies, which is moſt erronious for then thoſe which haue had Vlcers running vpon them, ſome ſixe, ten, yea ſixtene yeeres, may not be cured without ſome Iſſue to be made in ſome other place, but therein they deceiue thẽ ſelues, for my ſelfe by good proofe haue often found the contrary in diuers people which I haue cured, ſome ſixe, ſome ten, yea ſixtene yeeres paſt, and yet to this day doe remaine in perfect good health without any Iſſues.

Cap 9.

What diet we ought to keepe.

FOr our diet as Hipocrates teacheth vs, wee muſt haue a care not to exceede in eating and drinking, but to keepe a meane therein, and in any caſe to beware of ſurfeting and drunkenneſſe, which are enimies both to the body and ſoule, but as we may not exceede in eating and drinking, ſo to endure great hunger and thirſt is moſt dangerous, our meate ought to be of a facile and eaſie digeſtion: partly tending to a drying qualitie: as Cockes, Capons, Hennes, Pullets, Partridge, Feaſants, Quayles, Pigeons, Rabbets, Kydde, Veale, Mutton, Birdes of the mountaines, and ſuch like, but Beefe, Porcke, Veniſon, Hare, and Goates fleſhe is to be refuſed, and ſo are all water foules as Ducke, Swanne, Gooſe, Widgen, Teale, and ſuch like, becauſe they are hard to digeſt, and do encreaſe ill bloud and naghtie Iuyce in the body: Lambs fleſh, becauſe of his exceeding moyſture, is alſo to bee refuſed, Egges in the ſommer not good, but in winter tollerable: all fiſhes which are of a hard fleſh, whether they be of the ſea or freſh ryuers, are to be allowed. In freſh ryuers the Perche, Barble, Gudgin Loche, Eele, Troute, and Pyke, are good, and for ſea fiſh, the Gilthed, Turbet, Sole, Rochet, Gurnard, Lapſter, Crabbe, Praunes, Shrimpes, Whiting, and ſuch like eaten with vinegar. There are ſome authors which holde opynion that fiſh is more better to bee eaten then fleſh in the great feruent heate of the yeere, becauſe they doe make a

Fyſh.

more colde bloud in the body then fleſh: another reaſon is, becauſe they doe liue vnder the water, they are not infected with any contagion of the ayre, as beaſtes and Byrdes may be, and therfore more wholſome, but in my iudgement fleſh is more wholſome, because it doth breede a more pure and fine Iuyce in the body, then any fiſh whatſoeuer: your bread ought to be made of pure wheate, not too new, nor too olde, but of one dayes baking, or two at moſt is beſt, rye bread is to be eſchewed, becauſe of his great moyſture: your drinke is beſt, beere, or ale, not too ſtrong or newe, but the ſtaller and clearer it is, the better: at your meales a draft or two of Clarret wine is tollerable, but in whote weather it were good to delay it with a little water, for wine doth warm the ſtomacke, helpe digeſtion, and comforte the hart

For your pottage you may take in the ſommer.

Parſly,
Lettis,
Sorrell,
Endiue,
Succorie,
Sperage,
Hop-buds,
Burnet,
Borrage,
Buglos,
Time,
Myntes,
Yſop,

But in winter.

Balme,
Bittaine,
Time,
Marigolde,
Iſoppe,
Marioram,
Mynts and rue are good,

For your ſallets, take

Pimpernell,
Purſlane,
Myntes,
Sorrell,
Horehounde,
Yong cole,
Hop-buds,
Sperage,
Time,
Tops of fennell
Tarregon,
Lettis,

And watercreſſes are good.

Gapers.]

Capers are greatly commended being preſerued in Vinegar, and eaten with a little Oyle and Vinegar, and ſo are Oliues very good alſo.

Sauce.

For your ſauce, the Iuice of a Lymon Citron or Orrenge is beſt, the Iuice of Sorrell and Vineger is alſo good.

Fruits.

All rawe fruites are to be refuſed, except thoſe which tend to a ſowre taſt, as Pomgarnards, dammaſke Prunes Pippins, red and ſowre Cherries, and Walenuts, Quinches and Peares, preſerued are verye good eaten after meales.

Pulſe.

All kinde of pulſe is to be refuſed, as Beanes, Peaſe, and ſuch like, becauſe they encreaſe winde and make rawe humors and ill Iuice in the body.

Refraine from Garlike, Onyons, Leekes, Pepper, Muſterd, and Rocket, becauſe they doe ouer heate the body, make aduſtion of the bloud, and cauſe fumes to aſcend into the head.

Milke and Cheeſe.

Cheeſe is not good becauſe it doth engender groſſe & thick humors. Mylke is alſo to be refuſed becauſe it doth quickly corrupt in the ſtomacke.

Cap. 10.

Sheweth what exerciſe and order is to be kept.

You muſt beware of all vehement and immoderate exerciſe, which doth prouoke ſweate, as is tennis, dancing, leaping, running, footeball, hurling, and ſuch like: becauſe they doe ouermuch heate the body, and open the pores of reſpiration, whereby the enfected ayre hath the more ſcope to enter our bodyes, but moderate exerciſe is very conuenient, the vſe of whote houſes at this time, I thinke very

Whote houſes

dangerous becauſe it doth too much open the poꝛes.

Walke not into the open ayꝛe in the moꝛning, befoꝛe the ſonne hath had ſome power to cleanſe and cleare the ſame, and in any caſe goe not abꝛoad when great fogs and myſtes are vpon the earth foꝛ it is dangerous: but if vrgent occaſions moue you: then befoꝛe you goe foꝛth of your dooꝛes bée ſure to eate ſome pꝛeſeruatiue firſt, & then take ſome good and Odoꝛiferous pomander, Nodule, oꝛ Noſegaye in your hand, as befoꝛe is ſhewed you. The extreame heate of the daye is likewiſe to be refuſed to walke in, becauſe it chafeth the bloud: as alſo in the euening after the ſunne is ſet, foꝛ then vnſauery and vnwholeſome Fogs ariſe out of the earth: and in any caſe if you can auoyde it come not néere any place infected, but vſe to walke in the open ayꝛe and dꝛie grounde.

Walking.

Uſe Venus combates moderatly, but none at all were better the beſt time to vſe them is thrée oꝛ foure houres after ſupper, befoꝛe you ſléepe, and then reſt vpon them.

Beware of anger, feare, and penſiuenes of the minde, foꝛ by their meanes the body is made moꝛe apt to receiue the infection.

Uſe pleaſant and merry recreations, either with muſicke, pleaſant company to talke with all, oꝛ reading ſome good bookes.

Beware of ſléeping at noone, but ſpecially in the winter ſeaſon, but in ſommer, to take after dinner a nappe of halfe an houre, oꝛ an houre is tollerable in elderly bodies.

Watch not long in the euenings but two oꝛ thrée houres after ſupper is a good time to take your reſt.

Cap. 11.

Teacheth what orders magiſtrates and rulers of Citties and townes ſhoulde cauſe to be obſerued.

The firſt

1 Firſt, to command that no ſtincking doonghils be ſuffered neere the Cittie.

2 Euery euening and morning in whot weather to cauſe colde water to be caſt in the ſtreetes, eſpecially where the infection is, and euery day to cauſe the ſtreets to be kept cleane and ſweete, and clenſed from all filthie thinges which lye in the ſame.

3 And whereas the infection is entred, there to cauſe fires to be made in the ſtreetes euery morning and euening, and if ſome frankincenſe, pitche, or ſome other ſweete thing be burnt therein, it wilbe much the better.

4 Suffer not any dogs, cattes, or pigs, to runne about the ſtreetes, for they are very dangerous, and apt to carry the infection from place to place.

5 Command that the excrements and filthy things which are voyded from the infected places, be not caſt into the ſtreetes or ryuers which are dayly in vſe to make drinke, or dreſſe meate.

6 That no Chirurgions, or barbers, which vſe to let bloud, doe caſt the ſame into the ſtreetes or ryuers.

7 That no vautes or preuies, be then empted, for it is a moſt dangerous thing.

8 That all Inholders, doe euery day make cleane their ſtables, and cauſe the doong and filth therein to be carryed away out of the Cittie: for by ſuffering it in their houſes, as ſome doe vſe to doe, a whole weeke or fortnight, it doth ſo putrifie, that when it is remoued, there is ſuch a ſtincking ſauour and vnwholſome ſmel, as is able to enfect the whole ſtreete where it is.

9 To commande that no hempe or flaxe be kept in water neere the Cittie or towne, for that will cauſe a very dangerous and infectious ſauour.

10 To haue a ſpeciall care that good and wholſome victuals and Corne, be ſolde in the markets, and ſo to prouide that no want thereof be in the Cittie, and for ſuch as haue not

wherewithall to buy neceſſary foode, that there to extende their charitable and godly deuotion: for there is nothing that will more encreaſe the plague, then want & ſcarſitie of neceſſary foode.

11 To commande that all thoſe which doe viſit and attende the ſicke, as alſo all thoſe which haue the ſicknes on them, and doe walke abroad: that they doe carry ſome thing in their handes, thereby to be knowne from other people. And here I muſt aduertiſe you of one thing more which I had almoſt forgotten (which is) that when the infection is but in fewe places, there to keepe all the people in their houſes, not ſuffering any one of them to goe abroad, and ſo to prouide, that all ſuch neceſſaries as they ſhall neede may bee brought vnto them during the time of their viſitation: and when it is ſtaide, then to cauſe all the clothes, bedding, and other ſuch thinges as were vſed about the ſicke, to be all burnt, although at the charge of the reſt of the inhabitants, you buy them all newe, for feare leaſt the danger which may enſue thereby, doe put you to a farre greater charge and griefe: all theſe foreſaide thinges are moſt dangerous, and may cauſe a generall infection, to the diſtroying of a whole Cittie, and therefore doe wiſh that great care be had therof.

A good caueat.

Cap. 12.

Doth ſhewe what you muſt doe when you goe to viſit the ſicke.

First before you enter into the houſe, commande that a great fire be made in the chamber where the ſicke lieth, and that ſome Odoriferous perfume be burnt in the middeſt of the chamber, and before you go to him, eate ſome Cordiall preſeruatiue, and ſmother your clothes with ſome ſweete perfume, then wet your temples, eares, noſe, and mouth, with Roſe water

& Vinegar, mixt together, then take in your mouth a péece of the róote of Angelica, the rynde of a ſowre Citron, or a Cloue, prepared as before is ſhewed, and haue ſome Noſegaye, Nodule, or Pomander, appropriat, in your hand, which you muſt alwaies ſmell vnto, ſo may you the more boldlier performe your entent: but herewithall you muſt haue a ſpeciall care, that during the time you are with the ſicke, you ſtande not betwixt the ſicke body and the fire, for that is dangerous, becauſe that the fire of his nature draweth all vapors vnto it ſelfe, but kéepe you alwaies on the contrary ſide, ſo as the ſicke may be betwixt you and the fire and for ſuch as are to let any ſicke infected body to bléede, yt were good they did cauſe the keper of the ſicke bodye, to laye open that arme or legge which is to be let bloud before he approch néere: the reaſon is, for that moſt commonly al that are ſicke in this contagious diſeaſe, are for the moſte part in a ſweat, and therefore ſoddenly to receiue the breath thereof woulde be very dangerous.

A good caueat for Chirurgions and Barker.

VVhat we muſt do when we haue bene with the ſicke.

Now when you haue bene with any one ſo infected. Before you goe into the company of any whole and ſounde people, it were neceſſary you doe ſtande by a good fire hauing all the clothes about you which you did weare when you were with the ſicke, and then turne and ayre your ſelfe well thereby, ſo ſhall you be ſure the leſſe to endanger others by your company. Thus haue I as briefly as I can deuiſe ſet downe all the ordinary meanes which my ſelfe haue vſed, and by others knowne to be vſed, for preſeruing you from this contagious and dangerous diſeaſe, which in the moſt part of people will ſuffice, but for ſuch as dwell whereas they may haue the counſell of a learned Phyſition, I do wiſh them to take his aduiſe, ſpecially for purging and letting bloud, becauſe none can ſo exactly ſet downe in writing the perfect courſe thereof (which may be vnderſtoode rightly of the common ſorte) ſo well as he which hath the ſight of the body: for that many bodyes are often times troubled with ſome one humor abounding more then another, which here to treat of would bee too tedious, neither can it proffit the common people, for whoſe ſakes I haue taken this paynes:and nowe wil I ſhew the ſignes to know when one is infected therewith, as alſo which are the laudable ſignes and which are the contrary, and laſtly the meanes (by God his aſſiſtance) how for to cure the ſame.

Cap. 13.

Sheweth the ſignes of infection.

The ſignes and tokens hereof are diuers, as firſt it is perceiued by the ſoddaine weakenes, looſing, & ouerthrowing of our natural ſtrength without any manyfeſt cauſe therof going before and ſometimes it doth begin with a gnawing and byting in the mouth of the ſtomacke, the pulſe will grow weake, feble, and vnequall, with a great ſtraightnes and heauines about the harte, as if ſome heauie burthen or waight were layde thereon, with ſhortnes of breathing, vomiting, or at leaſt a great deſire to vomit, great paine in the head: inſatiable thirſt, procéeding of their great interior heat: ſluggiſhnes, and vniuerſall fayntnes of all the body, with a great deſire to ſléepe, and an aſtoniſhment of the minde and vitall ſpirites: and for the moſt parte, they complaine of a great payne which is felte in ſome one place or places of their bodies,where the botch or blaine is by nature intended to be thruſt forth,yet ſome at the firſt haue them appearing: and for the moſt part,they are taken at the firſt with a ſharp and rigorous feauer.

Good ſignes.

When the botch or carbunkle commeth out in the beginning of the ſicknes, with a red colour, and yellowiſh round about it, and that it doth quickly come to maturation, the feauer to ceaſe, and the partie findeth himſelfe eaſed of his griefe, and quickned in his ſpirites, theſe are good and laudable ſignes of recouer.

Euill ſignes.

When the botch at the firſt commeth out blackiſh, or blacke in colour, alſo when the botch is opened, the fleſh within doth looke blewe, and that then there appeare not any matter or quitture in the ward, but as it were a ſpume or froth iſſuing out thereof, are ill and deadly ſignes.

When the botch waxeth ſo hard that by no meanes it will come to ſuppuration, but reſiſteth whatſoeuer is done vnto it for the farthering thereof, and ſo returneth in againe into the inwarde partes ſoddenly, is a token of ſoddaine death at hand, and ſo is it yf either before or after it is broken it looke of a blewiſh colour, or of diuers colours like the raynbow round about it.

Carbunckle.

When the carbunckle or blaine doth ſoddenly drye vp, as if it were ſcorcht with the fire, and that the place rounde about it doth ſhew to be of a wanniſh blew colour, is a deadly ſigne, if in the ſkinne appeare greene or blacke ſpottes, the excrements of dyuers colours with wormes in it, either dead or liuing, hauing a vile ſtincking ſauour, and ſpitteth ſtinking and bloudy matter, doth betoken death.

When the ſicke complaines of great and extreame heat in the inward partes, and yet colde outwardly, the eyes ſtaring or weeping, the face terrible, the ſayde excrements, or vrin paſſing awaye and the partie not knowing thereof, are euill ſignes.

When in the fourth or ſeuenth day, they are taken with a frenſie or doe fall into an extreame bleeding at the noſe, or haue a great flyxe, with a continuall vomitting, or a deſire to vomit and doe it not, extreame paine at the hart, watchfulnes,

fulnes, and the ſtrength cleane gone, are deadly ſignes.

Infallible ſignes of death

When the partie being very ſicke, yet ſaith he feeleth him ſelfe well, his eyes ſunke deepe into his head, and full of teares, when he ſeemes all thinges doth ſtincke, his nayles looking blew the noſe ſharpe, & growing as it were crooked the breath thick and ſhort, with a colde ſweat in the breſt and face, and turning and playing with the clothes, the pulſe creeping or ſcarſly to bee felte, and greeuous vnto him to ſpeake, theſe are infallible ſignes of death at hand.

The vncertinty of the plague.

Some before any of theſe ſignes are perceiued doe dye, and ſome likewiſe which haue diuers of them appearing, and yet doe eſcape, ſuch is the vncertentie of this diſeaſe: there are many other ſymptomes which doe happen in this contagious diſeaſe, which would be too tedious to declare them all, but theſe as the cheifeſt haue I made choyſe of, which may ſuffiſe you.

The ende of the firſt Treatiſe.

THE SECOND TREATISE ſhewing the meanes how to *Cure the plague.*

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Cap. 1.

Seeke for helpe in time.

When we perceiue any to bee infected with this cõtagious diſeaſe, we muſt with all poſſible ſpéede ſéeke all the meanes we can how to preuent the malignitie thereof, whoſe propertie is at the firſt, to aſſalte the principall parte which is the hart, and therfore requires preſent helpe: for vnleſſe ſome thing bee doone within eight, or foure and twentie houres, little will it then preuaile to attempt it, for by that time nature is either ſubdued and cleane ouerthrowne, or els hath thruſt the ſame to the exterior partes, or otherwiſe digeſted it: yet may we not neglect at any time to vſe all the meanes we can in helping and farthering of nature to the vttermoſt of our endeuour, becauſe we doe often times ſée nature ſo wearied and weakned in expelling of this venemous matter, that vnleſſe ſome helpe be added to aſſiſt and comfort her, the partie for lacke thereof dyeth, which otherwiſe might be ſaued, for I haue oftẽ times ſéene by dilligent helping of nature, that to be effected and brought to good paſſe which I haue iudged moſt deſperate. There are foure intentions required for the curing thereof: that is by bloud letting, Cordials, ſweat and purging: but the manner how to excecute the ſame great contention hath beene both amongſt the olde and later writers, which here to treate of were too tedious, for vnto the learned it were needleſſe, and for the communaltie, little would it preuaile them, therfore in breefe ſorte will I ſhew you, what I haue obſerued touching the cure.

4. Intentions to cure the plague.

VVho is to bee let bloud.

First if it be in a plethoricke, ſanguine, and ſtrong body and hath paine in the head, great heat at the hart, thirſtie, the pulſe ſtrong and labouring or beating ſtrongly, and hath great and large vaines appearing: theſe ought preſently to be let bloud, in that ſide where yee perceiue the griefe doth proffer it ſelfe to come forth and not viſibly appearing tending to maturation. For then we may not drawe bloud but vſe all other meanes we can deuiſe in helping nature to expell it, neither may you draw bloud, if the partie haue a flixe or laſke (which is an euill ſigne) in the beginning of the diſeaſe, for by that meanes you ſhall hinder nature greatly, but onely giue the partie Cordials; neither may you ſtop the flixe, in the beginning, but if it be extreame and that it ſtay not the ſecond day, then muſt you giue ſome purgatiō which may leaue an aſtringencie behinde it, as hereafter in the cure of the flixe ſhalbe ſhewed. For as Hypocrates in his firſt booke, and one and twentie aphoriſme doth admoniſh vs, we muſt conſider and marke how nature doth encline her ſelfe, for that will teach vs what we are to doe.

VVhere a flixe is, drawe not bloud.

Now if you perceiue the botch or carbunkle to appeare vnderneth the chinne about the throte, then preſently drawe bloud in both vaines vnder the tongue, and immediatly after that apply a cupping glaſſe with ſcarification in one ſide of the necke next vnto the ſore, thereby to draw it from the throte, for feare leaſt ſoddenly it chooke him vp, and then apply Chickens rumps, or Hens rumps to the botch, the fea-

Botch in the throte to cure it.

Chickens how to apply them,

F thers

thers being firſt pluckt away from the rump, and a grayne of Salte put into the tewell, and ſo holde the bare place to the greiſe vntill the chicken die, which wilbe within halfe an houre and then apply another, & ſo continue in changing them ſo long as they do dye, and laſtly apply a mollificatiue cataplaſme or plaſter to the ſame place: as in the fift chapter following is ſhewed, which is made with Unguentum baſillicon, and to the botch apply the Epithemation and cataplaſme in the ſeuenth chapter following. But if it be in the necke he doth cōplaine, then let him bloud in ẏ Cephallica vaine in the arme, of the ſame ſide where he complayneth

Botch in the necke.

Botch in the ſtomacke.

If in the greynd or flancke he doe complaine, then let him bloud in the foote on the ſame ſide, and open the vaine called Maleola, or Saphena, the quantitie muſt be according as the age and ſtrength of the partie requireth, but at moſt draw not aboue ſixe or eight ounces. For Auicen willeth vs to preſerue bloud as the treaſure of nature:

VVeake and ſpare bodies may not bleed.

But in a weake, ſpare, and cachochimious body, (as Galen teacheth vs) we may not draw bloud at all, for thereby ſhould you greatly endanger the patience, but helpe ſuch by cordials and ſweate.

And here you ſhall vnderſtand that vnleſſe Phlebetomy be done at the firſt, that is with in ſixe or eight houres at moſt, it wilbe too late to attempt it, neither may you doe it, if the ſore doe appeare vp in hight tending to ſuppuration, for then ſhoulde you hinder nature, which like a diligent workeman hath diſcharged and thruſt forth that venimous matter which otherwiſe woulde haue kilde vs.

VVhen bloud is to be drawn.

A good caueat.

And here touching Phlebetomy or bloud letting, you muſt haue this ſpeciall care, that you drawe not bloud on the oppoſit ſide, as if it be on the left ſide the ſore appeare, then draw not bloud on the right ſide, if it appeare in the flancke then drawe not bloud in the arme but in the foote: for otherwiſe you ſhal draw that venimous matter from the ignoble vnto the noble partes, and ſo kill the body.

A good obſeruation.

And although the partie complaine not more in the one ſide then the other, yet by the pulſe ſhall you perceiue on which ſide the venem lyeth hidden: for on that ſide where nature is oppreſt, there ſhall you finde the pulſe more weake feeble, and vneuen, greatly differing from the other ſide.

Note.

And here you ſhall vnderſtand that in ſome it hath bene ſeene, that nature of it ſelfe at the firſt, hath thruſt out that venimous matter in ſome place of yͤ body, with a botch appearing high and tending to ſuppuration, or a carbunckle, or ſpots called purples. Now here, if you draw bloud, you do then greatly endanger the body: but in this caſe you muſt only giue Cordials, and vſe all the meanes you can to bring it outwarde, either by maturation or euaporation, as hereafter ſhalbe ſhewed you.

And here you ſhall farther vnderſtand, that where the age, conſtitution, nor ſtrength of the partie will permit that Phlebetomy be done, yet for the better helpe of nature you muſt apply Ventoſes, with reſonable deepe ſcarification, vnto the next place adioyning, where the partie complayneth therby the more ſpeedily to draw the venimous matter vnto the ſuperficiall partes, and there to applie the rumps of Chickens as before is taught you, and ſo applie to the place ſome ſtrong maturatiue and attractiue plaſter or Cataplaſme as hereafter ſhalbe ſhewed you. If the greife be in the head or throte then applie Ventoſes to the necke, if it be in the emunctuaries of the harte, then applie them to the ſhoulders: if in the emunctuaries of the liuer, then applie them, to the buttockes or thies, now when this is done, either by Phlebetomy or Ventoſes, then within an houre or two at the moſt after it, you muſt giue the ſicke ſome good Cordiall medicine, which hath power to comfort the harte, reſiſt the venimous matter, and alſo procure ſweat, which here following you maye make choyſe, as you liſt.

Ventoſes when and where to applie them.

An excellent good pouder to expell the plague and prouoketh ſweat.

petaſitis: is an herbe growinge by the water ſide with a brode leafe, lyke a gourde, & called butter burr:

Take,	Rootes of Gentian, Bittaine, Petaſitis,	of either	one dramme.
	Roots of Tormentil Dittander,	of either	three drammes.
	Red ſanders,		halfe a dramme,
	Fine Pearle, and been of both ſortes,	of either	one ſcruple.
	Fine Bolarmoniack prepard. fine Terra ſigillata,	of either	ſixe drammes.
	Rindes of Citrons, Red Correll, Roots of Zedoiar, Shauing of Ebory, bone of a Stagges harte.	of either	ſixtene graines,
	Fragments of the 5. pretious ſtones,	of either	halfe a ſcruple.
	Shauing of a Vnicorns horne, Succini,	of either	halfe a ſcruple.
	Leaues of Golde and Siluer.	of either	one and halfe in number.

ſuccinũ: is amber: wherof beades ar made:

Make all theſe in fine pouder, euery one ſeuerall by him ſelfe, and then mixe them all together, and giue thereof one dramme, or foure ſcruples, more or leſſe as occaſion requireth, either in Sorrell, Scabios, or Cardus benedictus water, two or thrée ounces, whereunto you muſt adde a little ſyrrop of Lymons, or ſowre Citrons, & giue it warme, the Bolarmoniake muſt bee pounded ſmall, then waſht in Scabios water and ſo dried.

Bolarmoniake how for to prepare it.

An other good pouder.

Take.	Leaues of Dittander called dictami cretici, Roots of Tormentil, Bittaine, Pimpernell, Gentian, Zedoair,	of either	one dramme
	Terra lemnia, Alloes Cicatrin, Fine Myrre, Rindes of ſowre Citrons,	of either	one dramme.
	Maſticke, Saffron,	of either	halfe a dramme.
	Bolarmoniacke prepared as beforeſaide,		two drammes.

All theſe muſt be made in fine pouder, and ſo mixt together, you may giue two ſcruples or one dramme thereof with any of the foreſaide waters.

A good Opiat to expell venem and prouoke ſweat.

Take.	Cõſerue of the flowers of Borrage, Buglos, Violets, Bittaine,	of either	two ounces.
	Vennes Triacle,		two ounces.
	Red Terra ſigillata, Terra lemnia, Mitridat,	of either	one ounce.
	Shauing of Eburni, And hartes horne, Orient Perles, Roots of Tormentill,	of either	one dramme.
	Shauing of vnicorns horne, Roote of Angelica,	of either	halfe a dramme.
	Syrop, of the Iuice of ſmall Sorell and Buglos,	of either	ſo much as ſhall ſuffice.

Mixe all theſe together, in the forme of an Opiat, then take of the ſame Opiat, one dramme and halfe.

Scabios water, Balme water,	of either	two ounces.

Diſſolue the Opiat in the waters, and drinke it warme, then walke a little vpon it, and then goe to bed and ſweate,

An other excellent good meanes to expell the venem, and procure ſweate.

Take a great white Onion, and picke out the coare or myddell of him, then fill the hole with good Vennes triacle or Andromachus triacle, and Aqua vite, then ſtop or couer the hole of the Onyon againe, and roſt him in the whote aſhes vntill he be ſoft, then ſtraine it ſtrongly, thorow a cloth and giue it the ſicke to drinke and the reſt that remaines pounde it ſmall, and applie it to the ſoare, and ſweate vpon it.

In vomiting what is to be done.

Now when he hath taken any of the foreſaid Cordials if he chaunce to vomit it vp againe, then waſh his mouth with Roſe water and Vinegar, and then giue him more of the ſame againe, which muſt be proportioned according to the quantitie vomited, for if all were vomited, then giue ſo much more: (if leſſe) then according to the quantitie vomyted, and if he vomit that alſo, then giue him more, and ſo continue it to the third or fourth time if cauſe ſo require, but if at no time he doe retaine it, then is there ſmall hope of recouer: I haue knowne dyuers which haue vompted their Cordials three or foure times, and at laſte, giuing the Iuice of the Onyon as aforeſaide hath kept that, and ſweate vpon it and ſo recouer their ſicknes.

Alſo Minardus triacle, or Andromachus triacle being taken two ſcruples with one ſcruple of Dioſcordium, and diſſolued in three or two ounces of this water following or Cardus benedictus, Sorrell, and Scabios water, hath bene found excellent good and auailable, both to procure ſweat and expell the venimous matter.

An excellent good water againſt the plague, and diuers other diſeaſes, which is to be made in May or Iune.

the water of it ſelf is a good preſervative against the plague, being taken iij sponefulles therof in the morninge:

Take. Angelica,
Dragons,
Scabios,
pimpernelle,
of either three hand fuls.

Take.

maregoldes,
Wormwoode,
Sage,
Sallendine,
Mugworte,
Rue,
Roſmarie,
Varueyne,
Endiue,
Myntes, & sorell,
of either one handfull.

Tormentill,
Pimpernell,
Agremonie,
Bittayne, & avens,
of either two handfuls.

Sen Iohns worte
Fetherfewe,
and Pionie,
of either a little handfull.

enula campane rotes brewsed: iiij onces,

You muſt mixe al theſe herbes together, then bruſe them in a ſtone morter groſly, then put them into a cleane veſſel of glaſe or earth, and adde thereto a pottle of White wine, or thrée quartes, a pinte of Roſe water, and a pinte of Vinegar: then mixe them well together and preſſe downe the herbes cloſe together with your handes, then ſtop the pot cloſe, and ſo let it ſtande to infuſe two dayes and two nights then diſtill it in a ſtillytorie, this water hath bene found excellent góod, both to preſerue one from the plague being dronke thrée or foure ſponefuls of it in the morning faſting, as alſo to expell the diſeaſe, being dronke with any of the Cordials aforeſaide. yf you do ad in the infusion thre onces of methridat, & vi onces of treakle of Jeane, it wilbe a moste excellent water to cōforte the stomake at all tymes,

the best tyme to make this water is in maye & June,

Cap 2.

Sheweth what is to be done after taking of the Cordial.

NOw ſo ſoone as the partie hath taken his Cordiall, (if he be able) cauſe him to walke vpon it in his chamber a pretie while, then laye him into his naked bed, being firſt warmed, if it be in colde weather:and ſo procure him to ſweate,but in any caſe haue a ſpeciall care to keepe him from ſleepe all that day, becauſe thereby the bloud and vitall ſpirites are drawne to the inward partes, and there doth holde in the venemous matter about the harte,but if the ſore appeare,or be perceiued to preſent it ſelfe in any place neere the harte: then to defend the malignitie thereof, before he ſweate it were good to annoynt the place betwixt the region of the hart and the ſore with triacle, or with this vnguent following.

A good defenſatiue vnguent.

Take.	Triacle,	halfe an ounce.
	Terra lemnia, Red Sanders,	of either one dramme.

Mixe them together with a little Roſe water and Vinegar in a morter, to the forme of an vnguent and ſo vſe it as aforeſaide.

And vnto the ſore place applie Chickens rumpes, as before hath bene tolde you, and then annoynt the place grieued with Oyle of lillyes: and then Epithemat the hart with any one of theſe Epithemations following.

Epithemation.

Take,	The pouder of Diamargaritū Frigidum,	one ſcruple,

Take.	Triaſandalum,	ſixe drammes.
	Ebeni,	two drammes.
	Saffron,	halfe a ſcruple.
	Lettis ſeede,	one dramme.
	Waters of roſes, Buglos, and Sorrell,	of either ſixe ounces.
	Vinegar,	two ounces.

Boyle them all together a little.

An other

Take.	The waters of Roſes, Balme, Buglos, Cardus benedictus and White wine,	of either foure ounces.
	Vinegar of roſes	two ounces.
	Pouder of red roſes, Cinamon, Triaſandalum, Diamargaritum, Frigidum,	of either halfe a dramme.
	Mitridatum,	one ounce.
	Triacle,	halfe an ounce.

Boyle them together a little, and being bloud warme, Epithemat the hart therewith, which being done then procure him to ſweate, and after ſweate, and the body dried then applie this quickly to the harte,

A quilte for the harte.

Take,	The floures of Nenuphare Borrage, Buglos,	of either	a little handfull
	Flowres of Balme, Roſmary,	of either	three drammes.
	Red ſanders, Red Corrall, Lignum alloes, Rinde of a Citron,	of either	one dramme,
	Seedes of Baſil, Citrons,	of either	one dramme.
	Leaues of dittāder, Berries of Iuniper,	of either	one ſcruple.
	Bone of a ſtags hart,		halfe a ſcruple.
	Saffron,		foure graines.

Make all theſe in groſe pouder and put them in a bagge of Crimſon taffatie, or Lincloth, and lay it to the hart, and there let it remaine. All theſe thinges being done then procure him to ſweate, hauing a good fire in the chamber and windowes cloſe ſhut, and ſo let him ſweate thrée or foure houres, more or leſſe or according as the ſtrength of the ſicke body can endure, and then drie the body well with warme clothes, taking great care that the ſicke catch not colde in the doing thereof, and then giue him ſome of this Iulep following, and applie the foreſaide quilte or bagge to the harte.

VVhen you muſt procure ſweate,

A cordiall Iulep.

Take.	Waters of Endiue, Purſlane, and Roſes,	of either two ounces.
	Sorrell water,	halfe a pinte,
	Iuyce of Pomgarnards, and for lacke thereof Vinegar,	foure ounces.
	Camphire,	three drammes.
	Sugar,	one pounde.

Boyle all theſe together in the forme of a Iulep, and giue thrée or foure ſponefuls thereof, at a time.

An other Iulep.

Take.	Syrrop of Ribes Sorrell, Nenuphare,	of either one ounce.
	Iuice of limons,	one ounce.
	Sorrell water,	eight ounces.

Mixe all theſe together, and take two or thrée ſponefuls thereof often times, which will both comforte the hart and quench thirſt.

Thirſt to quench it.

And if in the time of his ſweate he be very thirſtie, then may you giue him to drinke a Tyſane made with water, cleane Barly, and Lycoris ſcrapt cleane and bruſed, boyle them together, then ſtraine it, and vnto a quarte of the licquor ad thrée ounces of ſyrrop of Lymons, and giue thereof at any time, ſmall béere or ale is alſo tollerable, or you may giue a ſponefull of this Iulep following at any time.

A Iulep to quench thirſt.

Take.	Sorrell water,	foure ounces.	
	Borrage water, Scabios water,	of either	one ounce.
	Sirrop of lymons, and ſowre Citrons,	of either	one ounce.

Mixe all theſe together and ſo vſe it as occaſion requireth at any time: and giue often times a cake of Manus chriſti, made with Perles, for him to eate. But if in the time of his ſweate, you ſee the ſicke to fainte or ſowne, then apply to his temples, and the region of the harte, this mixture following.

Fainting or ſounding to helpe it.

Take.	Conſerue of Roſes. Borrage, Buglos, Broome floures,	of either	one ounce.
	Mitridatum,	foure ounces.	
	Triacle,	one ounce.	
	Floures of violets Pellamountaine, Red roſes,	of either	one dramme,
	Roots of Irrios,	one dramme.	
	Muske, Siuet,	of either	eight graines.

Mixe all theſe together with a quantitie of roſe Vinegar in the forme of an Opiat, this muſt be ſpread on playſters, and applied, to the harte and temples, and to the ſoules of the feete applie this playſter following.

Playſter for the feete.

Take of the foreſaide Opiat two ounces, vnto the which you muſt put ſo much more of an Onyon, which muſt haue the middle parte thereof taken out, and the hole filde with Mitridat, and Aqua vite, and ſo roſted in the aſhes, and then mixe it with the Opiat, and applie it to both ſoales of the feete.

Now when all this is done, and that one houre is paſt after his ſweate and body dried as aforeſaide: it were good you did giue the ſicke ſome good cõfortable broth, although he vomit it vp againe, then let him reſt two houres, and then offer him more, which you muſt doe often times, and but little at a time.

And if after all this done hee continue ſtill weake and fainte, without any amendment, then giue him an other Cordiall, as yee did at the firſt and ſo cauſe him to ſweate againe ſo long as his ſtrength can well endure it, and after ſweate, giue more of the Iulep aforeſaide, for by this meanes you ſhall often times ſee the ſore which did offer it ſelfe to come forth, will be cleane diſcuſſed and conſumed away: but if it doe not by this meanes goe away, then vſe al the meanes you can to bring it vnto Suppuration and then open it with ſome cauſticke, or inſition, as hereafter ſhalbe ſhewed you at large.

Sleepe when it is tollerable.

Faintnes after ſleepe.

The next day after his ſweate, you may tollerate him to ſleepe one houre or two in the forenoone, whereby to preuent payne, or lightnes of the head which may chaunce through want thereof: and if after his ſleepe, the partie be ſicke and faynte, then immediatly giue him ſome good Cordiall, according as the ſtate of his body requireth, either in temporat or extreame heate, as before is ſhewed: and in one houre after that giue ſome comfortable broth made with Veale, Mutton, Chicken, or ſuch like: wherein ſome borrage Buglos, Pimpernell, and a little Iſop, with ſome Parſley rootes the inner pith taken out, muſt be boylde, whereof hee muſt take a little at a time, thrée or foure times a day, and betwixt times in taking of his broth, giue him thrée or foure ſponefuls of this Iulep following, which doth reſiſt vennenoſitie from the harte, and alſo quench thirſt.

A Iulep to quench thirſt and reſiſt vennenoſitie.

Take.
Water of Scabios, Borrage, Sorrell, of either two ounces.
Sirrop of Limons, Sowre Citrons, and the Iuice of Sorrell, of either one ounce.

Mixe all theſe together, and giue thereof, as cauſe requireth.

Then at night he may ſléepe thrée or foure houres more, and the next day, being the third or fourth day of his accubet, you may purge him with one of the purgations here following, but in any caſe you muſt take héede that you do not purge with any ſtrong, or Scāmoniat medicine, becauſe it may bring an extreame flixe which wilbe moſt dangerous becauſe it will ouermuch weaken the body and hinder concoction, for moſt commonly in this diſeaſe the body of it ſelf is ſubiecte to flixes.

You may not Purge till the third or fourth day.

A good Purgation in a ſtrong bodie

℞	Rad, Cichoriæ,	ʒ. iiij.
	Rad, petaſitis,	ʒ. ß.
	Fol. Scabioſæ. Card. b. Pimpinellæ, Acetoſæ,	ana. M. j.
	Florum, Cord.	P. j.
	Prunorum dāmas	no. x.
	Sem. Coriandri.	ʒ. ß.
	Aqua font.	℥. ix.

Boyle them vntill a third parte be conſumed, then ſtrayne it.

℞	Decoct. col.	℥. iiij.
	Fol. Sennæ.	ʒ. iij.
	Rhab. elect.	ʒ. iiij.
	Spikj.	G. iij.

Infuſe them together twelue houres then ſtraine it ſtrongly, and adde thereto theſe thinges.

Syr. de Cichoria. cum Rhab.	ʒ. vj.
Oxiſacchari. Simp.	ʒ. ij.

Mixe them altogether and drinke it in the morning refraining from meate, drinke, and ſleepe, three houres after and then eate ſome good broth.

An other in a plethoricke and full body.

℞	Fol. Scabioſæ. Bugloſſæ. Card. b.	ana. M. j.

℞	Florum Cord.	P. j.
	Rad. Tormentillæ,	ʒ. iij.
	Rad. Fenic,	ana. ʒ. iiij.
	Cichoriæ,	
	Paſſularum enucleat.	℥. j.
	Prunorum dammas,	no. vj.
	Sem. aniſi,	ana. ℈. j.
	Coriandri,	
	Oxialidis.	
	Sennæ,	ana. ℥. j.
	Polipod. q.	

Boyle all theſe in a ſufficient quantitie of water, untill halfe the water be conſumed, then ſtraine it, and kéepe it.

℞	Rhab. elect.	ʒ. ij.
	Agarici, tros.	ʒ. j.
	Croci.	℈. ß.
	Aquarum ſcabioſæ,	ana. ʒ. iiij.
	Borraginis,	
	Card. b.	

Infuſe theſe together twelue houres in a warme place, then ſtraine them ſtrongly: and adde thereto.

Syr. roſ. lax.	ana. ℥. j.
Mannæ Calabriæ,	
Decoct. col.	℥. ij. vel. ℥. iij.

Mixe all theſe together, and take it as the other before.

A good Purgation for a weake body.

℞	Fol. ſennæ,	ʒ. iij.
	Rhab elect,	ʒ. j.
	Sem, aniſi,	ʒ. ß.
	Schenanthi,	℈. ß.
	Aqua Acetoſæ,	℥. v.

Boyle them a little, then take it from the fire, and let them ſtand infuſed together twelue houres then ſtraine it out ſtrongly, and adde thereto.

Syr. roſ. lax. ℥. j,

And then drinke it as the other before.

An other gentle Purgation.

℞	Aquarum ſcabioſæ,	ana. ℥. j.
	Card. b.	
	Aqua ad peſtem,	
	Rhab elect,	ʒ. ij. ß.
	Cinamomi,	ʒ. ß,

Infuſe them together twelue houres, and ſtraine them ſtrongly, then adde to the ſtrayning.

Syr, roſ, lax,	℥. j.
Syr, de limonibus,	ʒ. iiij.

Mixe them together and ſo drinke it as the other before, you may either adde, or diminiſh of the Rubarbe vnto any of theſe potions as you liſt.

After purging giue a Cordial.

Now when you ſee the Purgation hath done working, then giue the ſicke ſome Cordiall thing, as hereafter followeth, which hee muſt alſo take the next morning following.

A good Cordiall to be taken after Purging.

Conſerua Borrag,
Buglos, ana. ʒ. iiij.
Mali Citri,
Confect Alkermis, ʒ. j.
℞ Boli, Veri, ʒ. ß.
Specierũ diarhod abb, ℈. ij.
Diamarga, frigid, ʒ. j.
Manus chriſti perlati, ℥. j.
Syr, de lymon, ʒ. iiij.

Mixe all theſe together, and giue the ſicke thereof ſo much as a cheſtnut at a time, you muſt often times eate thereof, if the ſicke be in no great heate.

An other good Cordiall to be giuen where great heate is.

Conſeruæ Borag, ʒ. iiij.
Conſeruæ fol, acetoſæ, ℥. j.
℞ Bolarm, veri, ʒ. j.
Manus chriſti cum perlis, ℥. j.
Syr, de limonibus, q. ſ. miſſe.

You muſt often times giue of this, where great heate is, ſo much as thꝛée beanes at a time.

A good Cordiall potion,

Aquarum bugloſſæ, ana, ℥. j.
℞ Acetoſæ,
Pul, diamarga, frigi, ʒ. ß.

Take. { Confectio alkermis, G. ij.
Syr, de aceto, Citri,
Vel de limon, } ℥. j. miſſe.

All this you may take after purging, as afoꝛeſaide, at any time.

Note. And here you muſt vnderſtand, that if it be in a plethoꝛicke body full of ill humoꝛs, it were good that you purge him againe the next day.

Cap 3.

Sheweth what Simptoms often chaunce and how to help them.

FOꝛ that in this contagious diſeaſe there are diuers dāgerous ſimptoms which doe oftimes chance I will here ſhew you good meanes, how to helpe the ſame.

For lightnes of the head through want of ſleepe.

℞ { Hordei mund, P. j.
Amigd, dul, depilatum, ℥. j. ß.
Sem. 4. Frigid, ma, mund, ana. ℈. j.
Aqua font, q. 5. fiat decoctio.
Decoct col. l. j.
Syr de limonibus,
de Papa. } ana. ℥. j. ß.
Sacchari perlati, ℥. j.

Boyle them together a little, and then kéepe it to your vſe, you muſt often times giue two oꝛ thꝛée ſponefuls therof to drinke, and annoynt his temples with this oyntment.

Oyntment to prouoke ſleepe.

℞	Vnguent, popillionis,	ʒ. iiij.
	Vnguent, Alabaſtrini,	ana. ʒ. ij.
	Ol, Nenupharíæ miſſe,	

This oyntment is not onely good to prouoke ſleepe, but will alſo eaſe the payne of the head, if the place greeued bee annoynted therewith.

For rauing and raging.

If the partie raue, then giue him one ſcruple of the powder of a hartes horne burnt, with halfe an ounce of the ſirrop of Violets, and Lymons, and applie this ſacculus following to the heade.

A good Sacculus for rauing and raging.

℞	Florum Nenupharij,	P. j.
	Cort: Pap,	ʒ. ij.
	Santali, albi,	ana. ʒ. j.
	Rub,	
	Citri,	
	Florum roſ. rub,	P. j.
	Florum Viol.	P. ß.
	Florum chamomil,	ana. ʒ. j.
	Betonicæ,	

Shread them all ſmall, then pounde them groſly, and quilt them in a bagge, and applie it to the head, and it will helpe you.

Aphtham to helpe it.

In this contagions diſeaſe, there doth chance an vlceration of the mouth which is called Aphtham, it commeth by meanes of the great interior heate which the ſicke is oppreſſed with, in the time of his ſicknes, which if it bee not well looked vnto in time, it will greatly endanger the body, for remedy whereof vſe this Gargaris.

A good Gargaris for the mouth.

Take.	Cleane Barley,	one handfull.
	Wilde dayſie leaues,	of either one handfull.
	Planten leaues,	
	Strauberie leaues,	
	Violet leaues,	
	Purſlan ſeede,	one ſcruple.
	Quinche ſeede.	one ſcruple and halfe.
	Licqueris bruſed,	foure drammes.

Boyle all theſe in a ſufficient quantitie of water vntill the water be halfe conſumed, then ſtraine it, and take one pinte and halfe thereof and adde thereto.

Syrrop of roſes by infuſion	of either foure drams.
And Syrrop of dried roſes,	
Diamoron,	two ounces,

Mixe theſe together, and Gargaris and waſh the mouth therewith often times, being warme, and it helpeth.

Vomitting

Vomitting extreamly how to helpe it.

If it come in the beginning of the diſeaſe, as moſt commonly it doth, ther is no better meanes to ſtay it then by giuing of Cordials and by ſweating, by which meanes that Vennemous matter which is the cauſe thereof, is expelled and breathed out, but if after Cordials giuen, and ſweate, it doth not ſtay, it is a very il and daugerous ſigne: yet what meanes I haue vſed to ſtay the ſame, I will here ſhew you.

A good bagge for the ſtomacke.

Take.	Dried leaues of Mints, Elder, Orgaine, Wormwoode, Calaminte, Mugworte Time, Balme, Pellemountaine, Toppes of Dill,	of either	a little handfull.
	Seeds of Cardus benedictus, Fennell, Annis,	of either	foure drammes.
	Rootes of Ciperus, Calamus aromaticus,	of either	foure drammes.
	Nutmegs, Cloues, Mace,	of either	halfe a dramme.

Make all theſe in groſe pouder, then put it into a linnen bagge, wich muſt be made ſo broad and long as will couer the ſtomacke: then take Roſe water, and ſtrong Vinegar, of either ten ſponefuls, wherein doe you diſſolue one ounce of Mitridat, then muſt you firſt wet the ſaide bagge in two partes of cleane water and a third parte of White or Claret wine, and let him ſooke therein a little while, the lyquor being firſt warmd on a chafer and coles, and then wet him in the Roſe water and Vinegar being warme, and ſo applie it to the ſtomacke, and when he waxeth colde, warme him therein againe, and let him remaine halfe an houre in all, and then take him away, and drie the ſtomacke with a warme cloth, and then annoynt it with this ointment following.

Take,	Kimicall oyles of Roſmarie, Sage,	of either	one dramme.
	Vinegar, Mitridat,	of either	one dramme,

Mixe all theſe together, and ſo vſe it, and if the partie be coſtiue, then were it good to giue him a gliſter wherein diſſolue two drammes of Mitridat, it is alſo good to applie Ventoſes vnto the buttockes and thighes.

Yoxe, or yexing to ſtay it

℞	Dill ſeede,		two ſcruples and halfe.
	White poppie ſeede Purſlan ſeede,	of either	one ſcruple and halfe.

Bruſe them a little then knit them in a fine Linnen cloth and let it ſooke in the drinke which he vſeth, and when you giue him drinke, wring out the bagge therein, and let him drinke it and that will ſtay it, alſo the order aforeſaide to helpe vomitting, is good to ſtay the yoxe or yexing, but if nether of them preuaile, then wil the ſicke hardly eſcape death.

Flyxe how to ſtop it.

You muſt firſt giue the patient this purgation following, which doth not onely purge away thoſe ſlymie humors which is the cauſe thereof, but doth alſo leaue an aſtringencie behinde it.

℞	Rhab, elect,	ʒ. iij.
	Cinamomi,	℈. ij.
	Aquarum, Endiuæ,	ana, ℥. ij.
	Borraginis,	

Infuſe them together twelue houres then ſtraine it out ſtrongly, and adde thereto one ounce of ſyrop of roſes Laxatiue, and ſo drinke it warme refraining from meate, drink and ſleepe three houres after it: and at night when it hath done working, giue this confection following.

℞	Conſeruæ, roſ,	ʒ. iiij.
	Dioſcordij,	℈. j. ß.
	Pul, diatragag, frigid,	℈. j.
	Dialkermes,	G. x.
	Syr, de limon,	ʒ. ij, miſſe.

When you haue giuen this confection then doe you Epithemat the region of the harte with this Epithematiue following.

Epithemation for the harte

℞
Aquarum, Bugloſſæ,
Borrag,
Roſarum,
Oxialidis, } ana. ℥. iiij.
Troſchiſcorū de camphera, ℈. j.
Pul, diamargarit, frigid, ʒ. j.
Aceti alb, ℥. j.
Oſſa de corde cerui, ℈. ß.
Santal, rub,
Coral, rub, miſſe, } ana. ℈. j.

With this you muſt Epithemat the region of the harte warme, a quarter of an houre, and if by this meanes it ſtay not then the next day giue ſome of this confection following, which I haue founde excellent good for the ſtopping of any flixe whatſoeuer,

℞
Conſeruæ roſ, ſicca, ℥. i.
Pul, Rhab, troſchiſcat, ℈, j.
Terræ lemniæ, ʒ. ß.
Lap, Hemattitis,
Saug, Draco,
Bolarmoni, } ana. ℈. ij.
Mitridati, ʒ. j.
miſſe,

You muſt euery morning and euening giue two drammes hereof, and drinke ſome Planten water after it.

A good cauiat

Now here you muſt vnderſtand, that if the flixe come in the beginning of the ſicknes, and that no botch, carbunckle, nor ſpots appeare in the body: then in any caſe you maye not goe about to ſtop it, but ſuffer nature to diſcharge it ſelfe and onely helpe nature with Cordials, and Epithemations applied to the hart, but if by the continuance thereof the patient grow very weake and faint therewith, then is it to be repreſſed as before is ſhewed, but it muſt be the third daye before you attempt to do it.

But if this flixe come, when the botch or carbunkle doth appeare and tending to maturation, then is it very dangerous, for by that meanes, vennemous matter is drawne backe againe into the principall partes, and ſo killeth the patient.

VVhen a flixe is dangerous

Cap.4.

Sheweth the generall cure of a botch when he appeares outwardly.

Firſt giue Cordials, and vſe the defenſiue before taught you in the ſecond chapter, thereby to keepe it from the hart, and then bring it to maturation as followeth.

A good maturatiue.

Take a great Onyon and roaſt him in the aſhes, then pounde him with ſome pouder of white Muſtard ſeede, and for lacke thereof ſome triacle, and pounde them together, and ſo apply it to the griefe warme, and renue it twiſe a day, which within three or foure dayes at moſt will bring it to Suppuration.

An other.

Take.
White lillie rootes,
Enulacompane roots,
Scabios,& Onyons,
of either two ounces.

Roaſt all theſe together in a cole leafe, or a wet paper, then pound them with ſome ſweete butter and a little Vennes triacle, whereunto doe you adde ſome Galbanum, and Ammoniacum diſſolued in Vinegar, and ſtraine from the feſſes and dregges, and ſo mixe them altogether and applie it, renuing it twiſe a day.

An other, where no inflammation is.

Take.	Vnguentum baſillicon,	foure ounces.
	Sowre Leauen,	two ounces.
	Oyle of lyllies Sweete Butter,	of either foure drams.
	Triacle,	one dramme and halfe.
	Yolckes of two Egges.	

Mixe them together, and ſo applie it and when it is come to Suppuration then open it in the loweſt part either with a potentiall cauſticke, or by inſition, but the cauſticke is beſt, and when you haue opened it, if no matter flowe out, then applie the rumpes of Chickens to the ſore as before hath bene ſhewed: after that put into the wounde a digeſtiue as followeth.

A digeſtiue.

Take.	The yolcke of an Egge,	
	Cleare Turpentine,	foure drammes,
	Clarefied Honny,	two drammes.
	Mitridat, or Triacle,	halfe a dramme.

Mixe all theſe together, and vſe it in the wound, vntill it be well digeſted, which you may perceiue by the great quantitie of white and thick matter that wil flow out of it; &

vpon the ſore laye this Cataplaſme vntill it be digeſted.

A digeſtiue Cataplaſme.

℞	Fat Figges and rayſins the ſtones pickt out,	of either two ounces.
	Sal, nitrum,	foure drammes.
	Sowre Leauen,	three ounces.
	Honny,	one ounce.
	Oyle of chamomill	one ounce and halfe.

You muſt ſhread and pound the Figges and Raiſins very ſmall, then commixe it with the reſt in a morter in forme of a pultis, and vſe it.

And when it is digeſted then you muſt mundifie it, with a mundificatiue, to which purpoſe, Vnguentum viridum, or Apoſtolorum mixte with Vnguentum baſillicon wil ſerue and when it is cleane mundified, then to encarne and heale it vp, doe you only annoynt or ſtricke it ouer with a feather, wet in Arceus linament, which muſt be molten in a ſaucer, and ouer all, lay a playſter of Diacculum, or a playſter of Kellebackeron, which is excellent good in all appoſtomes and tumors, and in this order doe you procéede, vntill the griefe be whole.

Mundificatiue.

Empleſtrum Kellebackeron you ſhall finde made with maiſter Baker one of her Maieſties chirurgiōs, & also with the author thereof,

Cap.5.

Sheweth how to bring the botch out, that lieth deepe within the body or fleſhe.

FIrſt you muſt cōſider, that often times the botch or carbunkle, doth offer it ſelfe to come forth in ſome place of the body, and yet no apparant ſigne thereof, but lieth deepe hidden within, becauſe nature is not of ſufficient ſtrength to thruſt it forth:

which is eaſily perceiued by the great and almoſt intollerable paine, that by ſome is felte in the place where nature entends to expell it: which in the moſt parte of people, is by bloudletting, Cordials, and ſweate, is cleane taken away and euacuated: but if after al this done it goe not away, then vnto theſe you muſt vſe all the meanes you can to bring it to the outwarde partes. Firſt by giuing to the ſicke often times ſome Cordiall electuary to kéepe it from the harte, then, (if no great paine in the outwarde parte) you muſt applie a cupping glaſſe, with Scarryfication, directly againſt the place where the griefe is felte, and let it remaine thereon a quarter or halfe an houre, then take it away, and preſently applie the rumpe of Chickens, Hens, or Pigeons to the place (as before hath beene ſhewed) that being done, then lay ſome Attractiue and Maturatiue playſter or Cattaplaſme to the place which here following is ſhewed, and euery ſixth houre you muſt applie the cupping glaſſe, as alſo the reſt, vntill ſuch time as you haue brought the venimous matter to the outward partes, there to be viſiblie ſéene, or at leaſt by féeling to be perceiued, which commonly is effected at the ſecond time, then vſe no more cupping, but onely applie a maturatiue to the place.

A good Maturatiue cataplaſme.

℞ Rad ſimphyti, ma.
Liliorum,
Ceparum, } ana. ℥. j.
Allium,
Fol, Oxialidis, M. j.

You muſt pounde all theſe together a lyttle, then wrap them in a cole leafe, and ſo roaſt them in the whot embers, then pound them in a morter, whereunto adde.

Ol.

Ol, liliorum,	ana. ℥. j.
Auxungiæ porc,	
Fermenti acris,	ʒ. vj.
Mitridatij,	ʒ. j.

Mixe them altogether in forme of a Pultiſſe, and ſo applie it warme, and renue it twiſe a day.

An other.

℞	Galbani	ana. ʒ. iiij.
	Apopanacis,	
	Ammoniaci,	

Diſſolue theſe in Vinegar, if the botch be whote and inflamde (but if it be not) then diſſolue them in Aqua vite, and being diſſolued then ſtrayne it from the dregges, and adde thereto.

Vnguent, baſilici,	ana. ʒ. iiij.
Mitridat,	
Fermenti acris,	

Mixe all theſe together, and applie it.

An other which is ſoner made.

Take a great Onyon, make a hole in the myddle of him then fill the place with Mitridat or Triacle, and ſome leaues of Rue, then roaſt him in the whote embers, and when it is ſoft, then pound it with ſome Barrowes greaſe, and applie it to the ſore, and that will rypen it in ſhort time then open and cure it as in the Chapter before.

But if the paine & inflammation in the place be ſo great that the partie cannot endure cupping glaſſes to be vſed, the muſt you applie a Veſſicatorie to the place, in the loweſt parte of the griefe.

A Veſſicatorie.

Take Cantarrides bruſed in groſſe pouder halfe a dramme, ſowre Leauen two drammes, mixe them together in a morter with a little Vinegar, and applie it, which within twelue houres will rayſe a bliſter, which you muſt open and then lay an Iuie or cole leafe to the place, and vpon all, applie any of the Cattaplaſmes aforeſaide, and dreſſe it twiſe a day, and once a day at leaſt giue the patient ſome Cordiall, and when it is come to a ſoftnes and that you perceiue it is impoſtimated, then open, it and ſo procéede to the cure as before is ſhewed.

When the botch will not come to Maturation, but continueth alwaies hard.

Somtime it is ſéene that the botch although it appeare outwardly, yet will it not come to maturation, which commonly is accompliſhed with in thrée or foure dayes, but will reſiſt whatſoeuer you applie to it, and remaine and continue alwaies hard, now here you muſt preſently open it either with a Cauſticke, or by inſition, for feare leaſt it ſtrike in againe, or at leaſt growe to gangrena, but before you open it you muſt Epithemat the griefe with this Epithemation following, and euery morning and euening giue the ſicke ſome Cordiall, and betwixt the ſore and the harte annoynt it with the defenſiue before in the ſecond chapter.

An Epithemation.

Take.	Leaues of Mallowes, Violets, Chammomell,	of either one handfull.
	Floures of Dill, Mellilot,	of either one ounce.
	Hollehock roots,	foure ounces.
	Linſeede,	two ounces.

Boyle all theſe in a ſufficient quantitie of water vntill halfe the water be conſumed, and then wet ſome wooll, or flaxe therein being firſt well beaten and pickt cleane, and warme laye it vpon the ſore, and as it cooleth do you take it away, & lay on another warme ſtewſe, & ſo continue it halfe an houre together, and then open it as before ſaide, and immediatly applie to the wound Chickens, or Hens, as before in the firſt chapter hath bene ſhewed you. And if you cannot get Chickens, nor Hens, then a Whelpe, or a Pigeon clouen a ſunder by the backe and ſo applyed warme, wil ſuffice which muſt be renued ſo oftẽ times as cauſe requireth, and when that is done, then applie vnto the wound a digeſtiue, made as followeth.

Pigeons or whelpes inſteed e of Chickens.

A digeſtiue

Take.	Terpentine,	halfe an ounce,
	Honny	two drammes,
	Mitridat, or Triacle,	halfe a dramme.
	The yolcke of a new layde Egge,	

Mixe all theſe together and vſe it in the wound and vpon all lay the digeſtiue cattaplaſme beforeſaid, which is made of Figges, or a playſter of Kellebackeron, or of Diaculum magnum, and dreſſe it twiſe a day and euery dreſſing, Epithemat the griefe as before ſaide, when it is digeſted, then mundyfie, encarne and ſigillate it as in the chapter before is ſhewed you.

Cap. 6.

Sheweth what is to be done, when the botch ſtrikes in againe.

A good pultis,

SOmetimes you ſhall ſee the ſore will appeare outwardly, and ſodenly vaniſh away againe, which is a very dangerous and deadly ſigne, now when this doth chaunce, then preſently giue ſome good Cordiall that hath power to expell the venem, as in the firſt chapter of this treatiſe you maye finde choyſe of, and immediatly applie this pultis to both the ſoales of his fæte, which muſt be made with Culuer doong and Uinegar mixt togeather, and ſpread on a cole leafe, and ſo applied, you muſt giue the Cordiall euery third houre, and immediatly after the firſt giuing of the Cordiall, you muſt Epithemat the hart with the Epithemation before expreſſed in the ſecond chapter of this treatiſe, and when that is done then cauſe the ſicke to ſweat if you may, and after his ſweate, and the body well dried, then giue him an eaſie Gliſter, the next day purge him with ſome gentle purgation as before is ſhewed you. And if by theſe meanes you preuaile not, then ſmall hope of life is to be expected, yet Petrus Foreſtus, willeth you firſt to giue a Gliſter, and then within two houres after it to draw ſome bloud in the ſame ſide where the griefe is, and to annoynt the place grieued with Unguentum reſumptiuum mixt with ſome Oyle of chammomell, and then two houres after it to giue a Cordiall and procure ſweate vpon it, and ſo following the reſt of the orders aforeſaide, did recouer dyuers.

Cap. 7.

Sheweth how to drawe a botch from one place to another, and ſo to diſcuſſe him without breaking.

FIrſt you muſt applie a cupping glaſſe next adioyning to the lower parte of the ſore, on that ſide where you would haue him to be brought, and next vnto that glaſſe applie another ſo nere the firſt as you can, and if that be not ſo farre as you would haue the ſore to be brought, then applie the third glaſſe, and let them all remaine a quarter of an houre, then take away, the laſt glaſſe, but ſuffer the firſt to remaine, then preſently applie him againe and let it remaine a quarter of an houre more, and doe ſo thrée or foure times together, but alwaies ſuffer the firſt glaſſe next the ſore, for to remaine, now when you haue thus donne, then take all the glaſſes away, and preſently applie a veſſicatory to the place where the laſt and vttermoſt glaſſe did ſtand, ſuffring it to remaine there twelue houres, then open the bliſter and lay an Iuie or cole leafe to the place, and vpon all lay a playſter of Kellebackeron, or Diacculum magnum, and dreſſe it twiſe a day, the longer you kéepe it running the better it will be, and at length, heale it vp as other vlcers are cured.

Now ſo ſoone as you haue applied the Veſſicatorie you muſt preſently epithemat the botch with this epithemation.

Epithemation.

Take, { Mallowes, Violets, Chammomill, Dill and Mellilot, } of either { one handfull.

Hollehocke rootes,	three ounces.
Linſeede,	one ounce and halfe.

Boyle all theſe in a ſufficient quantitie of water untill halfe the water be conſumed, in this decoction you muſt wet ſome unwaſht wooll, or flaxe made cleane and well beaten, then being wrong out a little applie it warme to the place, and renue it every houre during the time that the Veſſicatorie is in working, and when you have opened the bliſter which is made thereby, then onely applie this Cataplaſme to the botch it ſelfe.

Take.	Mallowes, Violets and Chammomell floures,	of either	one handfull.

Boyle them in water until they be tender, then cut them very ſmall with a ſhreading knife, and adde thereto.

Oyle of chammomel and Lillies,	of either	two ounces.
Barrowes morte,	two ounces.	
Wax,	one ounce.	

Melt the waxe in the Oyles, and then put it to the herbes and boyle them together a little, then take it from the fire, and adde thereto Barly, and Beane floure a handfull of either of them, and ſo mixe them all together, and applie it to the griefe, renuing it twice a day, which within three or foure dayes wil reſolue and diſcuſſe the botch, but if it doe it not by that time, then uſe all the meanes you can to bring it to ſuppuration as before is ſufficiently ſhewed you.

Cap.

Cap.8.

Sheweth howe to knowe a carbunkle or blayne as alſo the cure of the ſame.

The carbunkle or blaine, doth firſt begin with a little Puſtule or wheale: and ſome times with diuers Puſtules or wheales together, with a great burning and pricking paine in the place which Puſtules are like a ſcalding bladder, ſeming to be ful of water or matter, yet when you open it, little or nothing will come out of it, and when they are broken will growe to a hard cruſt or a ſcarre, as if it had bene burnt with a whote yron or cauſticke, with a great ponderoſitie or heauines in the place. In ſome it comes in the beginning without any Puſtule at all to be perceiued, but with a hard blacke cruſt or a ſcarre, ſometimes it lieth hidden in the inwarde partes without any outward appearance at all; as if it be in the lungs, then there is a difficultie of breathing, with a cough and foule ſpitting.

Carbunkle in the Lungs.

If it be in the liuer or ſpléene, then the partie féeleth a great paine and pricking in the ſame ſide, if in the kidneyes or bladder it doth chance, thē is ther ſuppreſſion or ſtopping of the vrine, or great paine in yͤ making of water, if it be in the brayne, then a delirium followeth, but howſoeuer it chance to come the partie infected therewith hath a feauer, with other accidents as before in the 13. chapter of the firſt treatiſe is declared: if it begin with a gréene, blacke, or blewe, colour, or of dyuers colours like the raynbowe, then is it a deadly ſigne, and ſo is it, if once it appeare and then ſodenly vaniſh away: but if it be red or yellowiſh, ſo it be not in any of the principall partes, or emunctuaries of the body, as yͤ hart, ſtomack armpit, flanck, Iawes or throte, thē is it laudable, otherwiſe in any of theſe places very deſperat

Carbunkle in the liuer or ſpleene.

Carbunkle in the bladder or Kidneyes.

Carbunkle in the braine.

Ill ſignes.

Good ſignes.

and dangerous to be cured, but whereſoeuer it doth chance, vnleſſe it may be brought to ſuppuration it is deadly.

The cure of the carbunkle.

Firſt the vniuerſall meanes muſt not be neglected, as bloudletting, Cordials, Epithemations, ſwéete, and gentle euacuation by purging, as the time and cauſe requireth, which before in the beginning of this treatiſe hath bene ſhewed at large, and the ſame order which is vſed for the cure of a botch, is alſo to be kept in the cure of a carbunkle, alſo to rectyfie the ayre of the houſe by ſtraining it with vine and willow leaues, red Roſes and ſuch like, as alſo to ſprinckle the floore with Roſe water and Uinegar, and cauſe the ſicke often times to ſmell vnto a cloth wet in roſe water and Uinegar is very good: theſe thinges being done, then vſe all the meanes you can to bring it to Suppuration, for which purpoſe this Cataplaſme following is very good.

A maturatiue Cataplaſme.

Take.		
	Fat Figges,	foure ounces.
	Muſterd ſeede,	one ounce and halfe.

Pound the ſéede ſmall by it ſelfe, the Figges muſt firſt be cut very ſmall, and then pounded likewiſe, and then adde thereto ſo much Oyle of lyllies as will ſuffice to make it in the forme of a ſtiffe pultis, and applie it warme, renuing it twiſe a day, this muſt be continued vntill the ſcarre begin to growe looſe and moueable, and then applie this following to remoue the ſcarre.

Take vnſalted butter, the yolcke of an Egge, and wheat floure, mixe them together, and applie it vntill the ſcarre doe fall away, then doe you mundifie it with this mundificatiue.

Mundifica-

Mundificatiue anuodine.

Take.		
	Clere Terpentine,	foure ounces,
	Syrrop of red Roſes,	one ounce.
	Honnie of roſes,	foure drammes,

Boyle them altogether a little then take it from the fire and adde thereto Barlie and wheate floure of either ſixe drammes, the yolke of a new layde egge, and mixe them all together and applie it thrée dayes, and then vſe this following.

Another Mundificatiue.

Take.		
	Cleare Terpentine,	three ounces.
	Honny of roſes,	two ounces.
	Iuice of ſmalege,	two ounces.
	Barlie floure,	one ounce and halfe.

Boyle them all together ſauing the Barley, vntill the Iuice be conſumed, then take it from the fire, and when it is almoſt colde, adde the Barly thereto and mixe them together, and vſe thereof to the griefe vntill it be cleane mundified, and thẽ incarne it with Unguentum baſillicon, and laſtly ſigilate it with Unguentum de ceruſæ decocted.

Some time you ſhall finde a little puſtule to appeare, without any elleuation of the parts adioyning, or outward hardnes. Now here to bring it outwardly, you muſt applie this Cattaplaſme.

Take. Lillie rootes,
Onyons and ſowre Leauen, of either one ounce.

Boyle them in water vntill the water be conſumed, then bruſe them in a morter and adde thereto.

Muſterd ſeede, Culuer doong, White Sope,	of either	one drāme and halfe.
Snayles without ſhelles,	vi. in number.	
Mitridat Triacle,	of either	halfe a dramme.
Yolckes of foure Egges.		

Mixe all theſe together and applie it warme to the griefe renuing it thriſe a day: this order muſt be continued vntill you ſee the place elleuated tending to ſuppuration, then applie a maturatiue, and ſo proceede as next before this is ſhewed you, and during the whole time of the cure, I holde it better to vſe rather Pultiſes then playſters, becauſe they do not ſo much ſtop the pores, but giue more ſcope for the venimous matter to breath out.

When the carbunkle doth come with great paine and inflammation, how to helpe it.

You muſt firſt bath and ſoke the place well with this bagge following, and then preſently applie the Cattaplaſme enſuing, for by this meanes you ſhall not onely eaſe the paine and abate the inflammation and feauer, but alſo preuent the danger of gangrena which may chance thereby.

The botch.

Take.	Mallowes, Violets Plantine. Liblong,	of either	one handfull.

Fat Figges,	one ounce.
Holliehock rootes,	of either one ounce.
Lillie rootes,	
Linne ſeede,	one ounce.

You muſt ſhread the herbes groſly, and cut the Figges, and rootes ſmall, then bruiſe them in a morter, and mingle them altogether, then put them into two little bagges, of Lincloth, and boyle them in a ſufficient quantitie of cleane water, vntill the water be halfe conſumed, then take out one of the bagges and wringe out the water a little and applie it to the griefe warme, and when it is colde take it away and lay on the other, and doe ſo halfe an houre together euery dreſſing, which muſt be twiſe a day, at leaſt.

The Cataplaſme.

Take.	Mallowes,	of either two handfuls.
	Violets,	
	Sorrell	
	Liblong.	
	Henbane,	a little handful.

Wrap them all in a ball together and roaſte them in the aſhes, then bruſe them in a morter and adde thereto.

Melroſarum	foure ounces.
Triacle,	one dramme and halfe.
Saffron in pouder,	halfe a dramme.
Yolckes of fiue Egges.	

Mixe them together with the reſt, adding ſome Barlye floure thereto to thicken it, and applie it warme, renuing it alwaies before it growe drie and ſtiffe, and euery dreſſing you muſt Epithemat the griefe firſt with the bagges aforeſaide, and this order muſt be continued vntill the paine and inflammation be gone, then to bring it vnto Suppuration, if you adde to the foreſaid Cataplaſme ſome Oyle of lillies and ſwéete butter vnſalted, it will be verie good or you maye make this Cataplaſme following.

Take.	Soote of the chimny,	three ounces.
	Baye ſalte,	one ounce and halfe.
	Yolckes of two or three Egges.	

Mixe all theſe together in a morter, and applie it to the griefe warme, which muſt be alwaies renued and changed before it growe drie and ſtiffe, this order muſt be continued vntill the ſore come to ſuppuration, thē to remoue the ſcarre and finiſh the cure, doe you follow the order preſcribed in the beginning of this chapter.

There are other dangerous accidents which doe ſometimes chance in the botch or carbunkle, which here to treate of woulde little preuaile the vnexpert people, becauſe they knowe not the meanes how to execute the ſame, but if any ſuch thing chance, then doe I wiſh you to ſéeke the helpe of ſome learned Phiſitian, or expert Chirurgion, whoſe counſell I do wiſh you to follow.

The ende of the ſecond Treatiſe.

A Short treatiſe of the ſmall pockes, ſhewing the means how for to gouerne *and cure thoſe which are infected therewith.*

CAP. 1.

Sheweth what the ſmall pockes and meaſels are, and whereof it proceedeth.

FOR that oftentimes thoſe that are infected with the plague, are in the ende of the diſeaſe ſometime troubled with the ſmall pockes or meaſels, as alſo by good obſeruation it hath béene ſéene that they are forerunners or warnings of the plague to come, as Salius and diuers other writers doe teſtifie: I haue thought it good and as a matter pertinent to my former treatiſe, to ſhew the aydes and helpes which are required for the ſame.

I néede not greatly to ſtande vpon the deſcription of this diſeaſe, becauſe it is a thing well knowen vnto moſt people, procéeding of aduſted bloud mixe with fleagme, as Auicen witneſſeth, which according to both antient and later writers doth alwaies beginne with a feauer, then ſhortly after there ariſe ſmall redde puſtules vppon the ſkinne throughout all the body, which doe not ſodainely come forth, but by intermiſſion in ſome more or leſſe, according to the ſtate and quality of the bodie infected therewith: for in ſome there ariſe many little puſtules with elleuation of the ſkinne, which in one day doe encreaſe and grow bigger, and after haue a thick matter growing in them, which the Grǽkes call exanthemata or exthymata: and after the Latines variola, in our Engliſh tongue the ſmall pockes: and here ſome writers doe make a difference betwixt variola and exanthemata: for ſay they, that is called variola when manie of thoſe puſtules doe ſodainely runne into a cleare bladder as if it had bene ſcalled, but the other doth not ſo: yet are they both one in the cure, they doe moſt commonly appeare the fourth day, or before the eight day, as Auicen witneſſeth

What the meaſels or males are.

Auicen ſaith, that the meaſels or males is that which firſt commeth with a great ſwelling in the fleſh, with many little pimples, which are not to be ſǽne, but onely by fǽling with the hand are to be perceiued, they haue little elleuation of the ſkinne, neither doe they growe to maturation or ende with vlceration as the pocks doth doe, neither doe they aſſault the eyes or leaue any deformity behinde them as the pockes doth doe, neither are they ſo ſwift in comming forth, but doe grow more ſlowely: they require the ſame cure which the pockes haue: they procǽde of cholericke and melancholicke bloud.

The cauſe of the pockes and meaſels.

Primatiue.

The primitiue cauſe as Valetius ſaith, is by alteration of the ayre, in drawing ſome putrified and corrupt quality vnto it, which doth cauſe an ebulition of our bloud.

Antecedent,

The cauſe antecedent, is repleaſion of meates which doe eaſily corrupt in the ſtomacke, as when we eate milke and fiſh together at one time, or by neglecting to drawe bloud, in ſuch as haue accuſtomed to doe it euery yeare, whereby the bloud doth abounde.

Coniunct.

The coniunct cauſe, is the menſtruall bloud which from the beginning in our Mothers wombes wee receaued, the which mixing it ſelfe with the reſt of our bloud, doth cauſe an ebulition of the whole.

Efficient.

The efficient cauſe, is nature or naturall heate, which by that menſtruall matter mixing it ſelfe with the reſt of our bloud, doth cauſe a continuall vexing and diſquieting thereof, whereby an vnnaturall heate is encreaſed in all the body, cauſing an ebulition of bloud, by the which this filthy menſtruall matter is ſeparated from our naturall bloud, & the nature being offended and ouerwhelmed therewith, doth thruſt it to the outward pores of the ſkinne as the excrementes of bloud: which matter if it be hoate and ſlimy, then it produceth the pocks, but if dry & ſubtill, then the meaſels or males.

But Mercuriales an excellent writer in Phiſicke, in his firſt booke de morbis puerorum, cap. 2. agreeing with Fernelius in his 2. de abditis rerum cauſis, cap. 12. doth holde opinion that the immediate cauſe of this diſeaſe doth not proceede of menſtruall bloud, but of ſome ſecret and vnknowen corruption or defiled quality of the ayre, cauſing an ebulition of bloud, which is alſo verified by Valetius, and nowe doth reckon it to be one of the heredytable diſeaſes, becauſe fewe or none doe eſcape it, but that either in their youth, ripe age, or olde age, they are infected therewith. The contention hereabout is great, & mighty reaſons are oppugned on both ſides, therefore will I leaue the iudgement thereof vnto the better learned to define: but mine opinion is, that nowe it procéedeth of the excrements of all the foure humors in our bodies, which ſtriuing with the pureſt, doth cauſe a ſupernaturall heat & ebulition of our bloud, alwaies beginning with a feauer, in the moſt part: and may well bee reckoned in the number of thoſe diſeaſes which are called Epidemia: as Fracaſtorius in his firſt booke, de morbis contag. cap. 13. witneſſeth this diſeaſe is very contagious and infectious, as experience teacheth vs: there are two ſpeciall cauſes why this

Why the pocks is infectious.

diſeaſe is infectious: the firſt is, becauſe it procéedeth by ebulition of bloud, whoſe vapour being entred into another bodie, doth ſoone defile and infect the ſame: the ſecond reaſon is, becauſe it is a diſeaſe hereditable: for we ſée when one is infected therewith, that ſo manie as come néere him, (eſpecially thoſe which are allyed in the ſame bloud) doe aſſuredly for the moſt part receaue the infection alſo.

Cap. 2.

Sheweth to know the ſignes when one is infected, as alſo the good and ill ſignes in the diſeaſe.

THE ſignes when one is infected are theſe, firſt hee is taken with a hoate feauer, and ſometime with a delirium, great paine in the back, furring and ſtopping of the noſe, beating of the heart, hoarſeneſſe, redneſſe of the eies and full of teares, with heauineſſe and payne in the head, great beating in the foreheade and temples, heauines and pricking in all the body, drynes in the mouth, the face verie red, paine in the throate and breaſt: difficulty in breathing, and ſhaking of the handes and feete, with ſpitting thicke matter.

Good ſignes.

When they doe ſoone or in ſhort time appeare, and that in their comming out they doe looke red, and that after they are come forth they doe looke white and ſpéedily grow to maturation, that he draweth his breath eaſily, and doth find himſelfe eaſed of his paine, and that his feauer doeth leaue him, theſe are good and laudable ſignes of recouery.

Ill ſignes.

When the pockes lye hidden within and not appearing outwardly: or if after they are come forth they doe ſodainely ſtrike in againe and vaniſh awaie, or that they doe looke of a black, blewiſh and gréene colour, with a difficulty and ſtraitneſſe of drawing breath, and that hee doe often ſowne, if the ſicke haue a flixe or laſke, when the pockes ~~were~~ are found double,

ble, that is one growing within another, or when they runne together in bliſters like ſcalding bladders, and then on the ſodaine doe ſincke downe and growe drie with a harde blacke ſcarre or cruſt as if it had béene burnt with an hoate iron, all theſe are ill ſignes.

Auicen ſaieth there are two ſpeciall cauſes which produce death vnto thoſe that haue this diſeaſe: either for that they are choked with great inflammation and ſwelling in the throate called Angina, or hauing a flixe or laſke which doeth ſo weaken and ouerthrow the vitall ſpirits, that thereby the diſeaſe is encreaſed, and ſo death followeth.

Two ſpeciall cauſes of death

How to know of what humors this diſeaſe commeth.

If it come of bloud, then they appeare redde, with generall payne and great heate in all the body.

Bloude.

If they come of choler, thē wil they appear of a yellowiſh, red and cleare colour, with a pricking payne in all the body.

Choller.

If they come of fleagme, then will they appeare of a whitiſh colour and ſcaly, or with ſcales.

Fleagme.

If they come of melancholy thē wil they appeare blackiſh with a pricking payne.

Melancholy.

Cap. 3.

Sheweth the meanes to cure the pockes or meaſels.

There are two ſpeciall meanes required for curing this diſeaſe: the firſt is to helpe nature to expell the ſame from the interior and principall parts vnto the exterior: the ſecond is to preſerue both the interior and exterior partes, that they may not be hurt thereby.

For the firſt intention, if the age and ſtrength of the ſicke will permit, and that the pockes or meaſels appeare not, it were then good in the firſt, ſecond, or third day, to draw bloud out of the Baſillica vaine in the right arme, if he be not vnder the age of fourteene years, but the quantity muſt bee at the diſcretion of him that draweth it, eyther more or leſſe as occaſion is offered: but for children and ſuch as are of tender yeeres, and weake bodies, it were not beſt to draw bloud out of the arme, but in the inferiour parts, as the thighes, hams, buttockes, and the hemeroydall veynes, ſpecially if the partie bee melancholy: or elſe to applie ventoſes to the loynes, buttockes, or hams, which may boldly bee vſed both before and after they doe appeare, either with ſcarification, or without, as cauſe requireth, which is a ſpeciall good meanes to draw that Ichorus matter from the interior to the exterior partes, but for ſucking children it were beſt to apply bloudſuckers vnto any of the foreſaide places, which is a thing that may be vſed with more eaſe then ventoſes, neither doe I wiſh eyther of thē to be vſed vnles neceſſity require it, which is when the matter lyeth lurking in the interior partes, not offering it ſelfe to appeare outwardly: otherwiſe I hold it better to leaue the whole worke vnto nature, ſpecially in ſucking children: for when wee ſee that nature is ready or doth endeuour to expell the malignity which is in the interior partes, to the exterior, which may be perceyued by reuiuing of the ſpirits and mitigating of the feauer: here we ought not to vſe any meanes at all, but leaue the whole operation vnto nature, which we muſt only help by keeping the ſicke body in a reaſonable heate, being wrapte in a ſcarlet, ſtammell, or red cloth, which may not touch the ſkinne, but to haue a ſoft lynnen cloth betwixt them both, and then couer him with clothes in reaſonable ſort, and keepe him from the open ayre and the lighte, (excepte a little) and alſo from anger, vſing all the meanes you can to keepe the ſicke in quietneſſe, and if the body bee verye coſtyue, then to giue an eaſie Gliſter.

Children may not bleede in the arme,

Giue nature leaue to work.

Gliſter.

Take Barley, two handfuls.
Violet leaues, one handfull.

Boyle theſe in thrée pintes of water, vntill halfe be conſumed: & ſtraine it, then take of ẏ ſame decoctiō twelue ounces.

Oyle of Violets, iij. ounces.
Redde Sugar, and Butter, of either one ounce.

Mixe them together and giue it to the ſicke warme, you may encreaſe or diminiſh the decoction or engredience according as the age of the party requireth: but if the ſicke haue great heate, then may you adde one ounce or foure drams of Caſſia newly drawen vnto it: and when he hath expelled the gliſter, then rub the armes, hands, legs, and féete, ſoftly with a warme cloth, which is alſo a very góod meanes to drawe that Ichorus matter from the interior to the exterior parts, when all this is done, then if the body be enclined to ſweate, you muſt further the ſame, by couering him with warme clothes, hauing a care that you lay not more on him then hée can well endure, for otherwiſe you may cauſe faintneſſe and ſownding, which are ill in this caſe, yet muſt you alwayes kéepe the ſicke warme and ſuffer him not to ſléepe, or permit very little vntill the pockes or meaſels doe appeare: and here you muſt haue a ſpeciall care to preſerue the eyes, eares, noſtrels, throate and lungs, that they bée not hurt or offended therewith, as hereafter ſhall be ſhewed you, which you muſt vſe before he ſweate, and alſo in the ſweate if néede be.

A good caueat

Eyes how to preſerue them.

Take Roſe water, Plantine water, of either two ounces.
Sumacke, two drammes.

Let them boyle together a little, or ſtand infuſed a night, then mixe therwith halfe a ſponefull of the oyle made of the white of an egge, then wette two clothes fiue or ſixe double therein, and then lay them vppon either eye one colde which muſt bée alwaies kept vppon the eyes vntill the pocks bée all come forth, and as they growe dry wette them in the ſame licoure againe and apply them, but if there bée greate paine and burning within the eye, then muſt you alſo put a droppe of this muſſelage ollowing into the eye: take quench ſéede halfe a dramme, bruſe it a little, then let it ſtande infuſed in thrée ounces of Roſe water a whole night, then ſtraine it, and put one drop thereof into the eie thrée or foure times a day at leaſt: or take of this water.

Paine burning in the eye, to helpe it.

Take	Roſe water,	two ounces.
	Womans milke,	one ounce.
	Myrre finely poudered,	vj. graynes.

Mixe them together, and vſe it into the eye as before is ſhewed: this doth eaſe the paine, reſiſteth putrification and preſerueth the ſight.

Eares to preſerue them.

For the eares, you muſt put a drop of oyle of Roſes warm into them before he ſweate.

Noſtrels to preſerue them.

For the noſtrels, cauſe him oftentimes to ſmell to the vapour of Roſe vineger, or elſe vineger, redde roſes and ſanders boyled together.

Throate to preſerue it.

For the throate, let him alwaies holde a péece of white ſugar candy in the mouth, and as it melteth, ſwallow it downe.

Lungs to preſerue them.

For the lunges, giue the ſicke oftentimes ſome ſyrrope of quinches, or conſerue of Roſes a little at a time.

And for his drinke the decocted water of barley boyled with a little lycoures is beſt, béeing mixed with the Juyce of a Limon, citron, pomegarnard, or rybes: which the ſicke beſt liketh, for either of them is very good.

Diete.

And for his diete he muſt refrayne from all ſalt, fat, thicke and ſharpe meates: and from all ſwéete thinges eyther in meate or drinke, his meate muſt be of a facile and eaſie digeſtion, and that hath a cooling property in it, as broth wherin borrage, buglos, ſorrell and ſuch like are boyled, and for ordinary drinke, ſmall béere or ale is beſt.

Cap. 4.

Teacheth what is to be done when the pocks or meaſels are ſlowe in comming forth.

NOw when you perceiue the pockes or meaſelles are ſlowe and ſlack in comming forth, then muſt you helpe nature, with cordials and by ſweate to thruſt it out from the interior and principall parts, vnto which purpoſe I haue alwaies founde this drink to be excellent good, here following.

R.	Hordei mund.	M. j.
	Lentium. excort.	P. j.
	Ficuum.	No. x.
	Fol. capil. v.	Ana. M. ß
	Lactucæ.	
	Fol. acetoſæ.	M. j.
	Florum cord.	P. j.
	Semen fenic.	ʒ. ij.
	Semen. 4. frigid. ma.	ana. ʒ. ß.
	Aqua font.	ll. iiij.

Boile all theſe together vntill a third part of the water bée conſumed, and then ſtrayne it.

R.	Decoct. col.	ll. j.
	Succus granatorum vel ribes.	℥. iiij.

Myxe all theſe together, and giue the ſicke foure or ſixe ounces thereof to drincke euerye Morninge and euening, which will prouoke ſweate and expell the diſeaſe, and if you cãnot get the iuyce of Pomegarnards, nor rybes, then you maie take ſo much of the ſyrrope of either of them.

Another good drinke to expell the pockes or meaſels.

Take a quarte of poſſet-ale, a handefull of fennell ſéede, boyle them together till a thirde parte bée consumed, then ſtrayne it, and adde thereto one dramme of Triacle, and one ſcruple of Saffron in pouder: mixe them together, and giue two, thrée or foure ounces thereof to drinke euery morning and euening as cauſe requireth.

But if it bée for a ſtrong and elderly body, you may giue anye of the expelling electuaries which are vſed to expell the plague, as in the firſt Chapter for the curing of the plague doth appeare.

But if the ſicke bée ſo weake that hée cannot expell the diſeaſe in conuenient time, then were it good to epithemate the hart with this epithemation following.

Epjthemation for the heart.

℞.	Aquarum roſ.	Ana. ℥. iiij.
	Meliſsæ	
	Card. b.	
	Buglos.	
	Morſus diaboli,	
	Vini alb.	
	Aceti Roſ.	℥. ij. ß.
	Pul. Roſ. rub.	Ana. ℥. ß.
	Trium ſantal.	
	Cinamomi.	
	Elect. diamarg. frig.	

℞. Mitridati, ℥. j.
Theriackæ, ʒ. iiij.

Mixe all theſe together and let them boyle a little, and ſo warme Epithemat the harte: and when you haue done it then giue ſome expulſiue drinke or electuary as cauſe requireth, & then cauſe him to ſweate vpon it, for by this meanes you ſhall obtaine your deſire, by Gods permiſſion.

Thirſte how to quench it

Now if in the expelling of the poxe, the ſicke be very thirſtie and drie, then giue this Iulep to drinke, morning and euening, which I haue founde verie good.

Take.
Syrrop of Iuiubes, Nenuphare, and Borrage, of either foure drammes
Waters of borrage, Cichore, and Buglos, of either two ounces.

Mixe them together and giue the ſicke one halfe thereof in the morning, and the reſt at night, and cauſe him often times to lick of this mixture following.

Take.
The conſerues of Nenuphare, Violets, and Borrage, of either ſixe drammes.
Manus chriſti made with Perles, foure drams
Syrrop of Nenuphare, and Ribes, of either one ounce and halfe.

Mixe them together: and with a Licores ſticke cleane ſcrapte and a little bruſed in the end let the ſicke licke thereof.

Cap. 5.

Sheweth what is to bee done when the pockes are all come out in the skinne.

FOr that often times the face and handes which is the beautie and delight of our bodies are often times diſfigured thereby I will ſhew you what meanes I haue vſed with good and happie ſucceſſe for preuenting therof: which is, you may not doe any thinge vnto them vntill they growe white, and that they are come to maturation, which when you perceiue, then with a Golden pinne or needle, or for lacke thereof a Copper pinne will ſerue, doe you open euery Puſtule in the top, and ſo thruſt out the matter therein very ſoftly and gently, with a ſofte linnen cloth, and if you perceiue the places doe fil againe, then open them againe as you did firſt, for if you doe ſuffer the matter which is in them to remaine ouer long, then will it fret and corrode the fleſh which is the cauſe of thoſe pittes which remaine after the pockes are gone, as Auicen witneſſeth: now when you haue thus done then annoynt the places with this oyntment following.

Take.	Elder leaues,	one handfull.
	Maregoldes,	two handfuls.
	French Mallowes,	one handfull.
	Barrowes morte or greaſe,	ſixe ounces.

Firſt bruſe the herbe in a morter and then boyle them with the greaſe in a pewter diſh on a chafer and coles vntill the Iuice of the herbes be conſumed, then ſtraine it, and keepe it to your vſe, the beſt time to make it is in the middle or later ende of May.

You muſt with a feather annoynt the places grieued, and as it drieth in, annoynt it againe, and ſo continue it often times, for this will ſoone drie them vp and keepe the place from pitting and holes, which remaine after the pockes are gone.

Alſo if you annoynt the pockes onely with Oyle of ſweete Almons newly drawen, three or foure times a day, which you muſt begin to doe ſo ſoone as the pockes are growne white and come to maturation, it will cure them without pittes or ſpottes, and eaſeth the payne and burning and helpeth excoriation.

Some doe onely often times wet the places with the Juice of Marigoldes in the ſommer ſeaſon, and in winter the Juice of the rootes will ſerue: and by that onely haue done well.

Mercuriales, doth greatly commend this decoction following, to be vſed, after the Puſtules are opened.

Take,	Barley,	one little handfull,
	Red roſes,	a handfull.
	Red ſanders, White ſanders,	of either one ounce.
	Saffron,	two ſcruples,
	Salte,	foure drammes,
	Cleane water,	three pounde.

Boyle all together vntill a third parte be conſumed, you muſt often times touch the ſores therewith, with a fine cloth wet therein, and as it drieth in, wet it againe, this in a ſhort time will drie them vp.

I haue heard of ſome, which hauing not vſed any thinge at all, but ſuffering them to drie vp and fall of themſelues, without picking or ſcratching, haue done very well, and not any pittes remayned after it.

When the pockes after they come out, doe not growe to maturation, how you ſhall helpe it.

Sometimes you ſhall finde that it will be a long time before thoſe Puſtules will come to maturation, or grow white: now here you muſt helpe nature to bring it to paſſe, which you may well doe with this decoction.

Take.	Mallowes,	one handfull,
	Figges,	twelue in number,
	Water,	a quarte,

Cut the Figges ſmall and boyle it altogether, untill halfe and more be conſumed, and then wet a fine ſofte linnen cloth therein, and touch the place therewith often times, which will ſoone bring them to maturation, and alſo eaſe the payne (if any be).

Ulceration to helpe it.

If in the declining of the pocks they chance to grow unto Ulcerations, which is often times ſeene: then for the curing thereof uſe this order here following.

Take.	Tamarinds,	of either a little handfull.
	Leaues of lentils	
	Mirtils,	
	Buddes of oke leaues,	
	Red roſes dried,	

Boyle all theſe in a pottle of cleane water untill halfe be conſumed then ſtraine it, and with a fine cloth wet therein do you waſh and ſoke the place well, then wipe it dry with a ſoft and fine linnen cloth, and then caſt into the place ſome of this pouder following.

Take Frankencenſe, Maſticke, Sarcocoll, and red roſes, of eyther two drams.

Make al theſe in fine pouder ſeuerally by themſelues, then myxe them together, and ſo reſerue it to thy vſe.

A very good vnguent for the ſame purpoſe.

Take.	Oyle of Roſes,	vj. ounces.
	White waxe,	one ounce.
	Ceruſe waſht in roſe and planten water,	one ounce and halfe.
	Cleere turpentine,	iij. drams.
	Camphire,	halfe a dram.

You muſt firſt melte the waxe in the oyle, then put in the ceruſe by little and little, alwaies ſtirring it with one iron ſpalter, and let it boyle in a gentle fire of charcoles vntill it grow blacke, but ſtir it continually in the boyling for feare leaſt it burne: then take it from the fire and adde thereto the camphire, and laſtly the terpentine: this vnguent is good both to mundifie, encarne, and ſigillate.

For extreame heate and burning in the ſoles of the feet, and palmes of the hands.

Petrus Foreſtus, willeth to holde the handes and féete in warme water, and that will eaſe the paine and burning and may boldly be vſed without any danger.

For to help the ſorenes and vlceration of the mouth.

Sometime it chanceth in this diſeaſe, that [illegible] is a great vlceration or excoriation in the mouth and iawes called Aptham, which if it bée not well loked vnto in time, will grow to be cankers: now to cure and preuent the ſame this gargaris is excellent good.

Take	Barley water,		a quarte.
	Red Roſes dried,		a little handfull.
	Sumach and rybes,	of either	two ounces.
	Iuyce of pomegarnards,		iii. ounces.

Boyle thē altogether ſauing the iuyce of pomegarnards, vntill a thirde parte be conſumed, then ſtrayne it, & ad therto the iuyce of pomegarnards, with this you muſt often waſh and gargariſe, as alſo hold ſome thereof in the mouth a prety while.

To preuent ſorenes of the mouth.

Alſo to preuēt the ſame, the kernel of a pomegarnard held in the mouth is very good, and ſo is it excellent good to lyck oftentimes ſome diamoron, or iuyce of a pomegarnard.

For inflammation and paine in the tonſiles and throate.

Take	Planten water,	a pinte.
	Syrrope of pomegarnards.	ij. ounces.

Mixe them together, and gargariſe therewith oftentimes béeing warme.

An other.

Take	Nightſhade water,	a pinte,
	Seedes of quenches,	iiii, ſcruples.

Boyle them together a little, then ſtrayne it, and adde thereto two ounces of the ſyrope of pomegarnards, and gargariſe therewith oftentimes.

Howe

Howe to open the eye-lids that are faſtened together with the pockes.

Sometime the ey-lids are ſo faſt ioyned together that you cannot open them without great paine & danger: thē to open thē, you muſt foment or bath thē wel with a decoction made of quenchſéed, mallows & water boiled together, wherin wet ſome fine linnen clothes fiue or ſixe double & apply thē warm & continue it vntil you may eaſily open them, and then if you perceiue any web or filme to be growen ouer the ſight, then thriſe a day do you put ſome pouder of white ſugar candy into the eie, or if you liſt you may diſſolue the ſugar in roſe water, & ſo vſe it in the eie, which wil fret it away & preſerue the ſight.

A good Collery for a web or vngula in the eye.

Take { The Iuyce of rew,
Fennell,
Salendine,
Mallowes, } of eyther { two ounces.

Boyle them together in a veſſell of glaſſe, or pewter, ouer a chafer with coales, and ſkumme away the froth that doeth riſe thereof, then adde thereto the gaule of an Eyle, one dram and let them boile together a little, then put thereto 4. ſcruples of white coppres, and one ſcruple of verdegreace in fine pouder, boyle al together a little, then let it runne thorough a fine linnen cloth, and kéepe it in a glaſſe, you muſt euerye morning and euening put one droppe thereof into the eye, prouided that firſt due euacuation be made ſo wel by phlebetomy as purging.

Cap. 6

Teacheth how to helpe diuerſe accidents which chance after the pockes are cured and gone.

For rednes of the face and hands after the pockes are gone, how to helpe it.

Take Barley, Beanes, Lupins, of eyther one handfull.

Bꝛuſe them all in a moꝛter groſly, and boyle them in thꝛée pintes of water vntill it grow thicke, like a ielly, then ſtraine it and annointe the face and handes therewith thꝛée oꝛ foure times a day, foꝛ thꝛée oꝛ foure daies together, and then you muſt wet the face and hands ſo often times a day with this water following.

Take
Vine leaues, two handfuls.
Beane flowre, Dragons, Wilde-tanſey, of eyther one handfull.
Camphire, three drams.
Two Calues feete.
The pulpe of three limons.
A pinte of rawe creame.

You muſt ſhꝛed the hearbes ſmall, as alſo the limons, and bꝛeak & cut the calues féet ſmall, then mixe them altogether, and diſtill it in a glaſſe ſtill, alſo the water of May deawe is excellent [illegible] any high colour oꝛ rednes of the face.

For ſpots in the face remayning when the pockes are gone.

Take the Juice of Lymons and mixe it with a little bay Salte and touch the ſpots therewith often times in the daye for it is excellent good.

A good oyntment for the ſame purpoſe.

Take.	Oyle of ſweete Almons Oyle of white Lillies,	of either one ounce.
	Capons greaſe, Goates tallowe,	of either foure drammes.
	Sarcocoll,	halfe a dramme.
	Floure of Ryce, and of Lupins,	of either one dramme.
	Litharge of golde	one dramme and halfe.
	Rootes of Brionie, and of yrrios,	of either one ſcruple.
	Sugar candie white,	one dramme.

Make pouder of all thoſe that may be brought in pouder and ſearce it through a ſarge, then put them all in a morter together and labour them with a peſtle, and in the working doe you put the waters of Roſes, beane floure, and of white Lillies, of either a great ſponefull, which muſt be put in by little and little in the working of it, and ſo labour thẽ all together vntill it come to an vnguent.

You muſt euery euening annoynt the face therewith, or handes, and in the morning waſh it away in the water wherein Barley, Wheate branne, and the ſeede of Mallowes hath beene boylde.

For

For holes remayning when the ſmall pockes are gone.

Foꝛ helping of this accident, I haue vſed many things, yet neuer coulde finde any thing that did perfectly content me, but the beſt meanes that I haue tried, is one day to waſh the place with the diſtilled water of ſtrong Vinegar, and the next day with the water wherein Bꝛanne and Mallowes haue bene boylde, and continue this oꝛder twentie dayes, oꝛ a month together.

Running of the eares how to helpe it.

Somtimes the eares do runne very much in this diſeaſe, which in any wiſe you may not go about to ſtop in the beginning, but ſuffer it ſo to runne, and the eares to remaine open: but if there be great payne in them, then wet a ſpunge in warme water and Oyle of roſes mixte together, and laye it vpon the eares.

Payne in the eares.

For ſtopping of the noſtrels, to helpe it.

Sometimes the Noſtrels are greatly peſtred by ſtopping them with the pockes growing in them, which doth oftentimes cauſe vlceration in them, therefoꝛe to pꝛeuent the ſame take.

Red roſe,
and planten, of either one handfull.
Mirre in pouder, halfe an ounce.

Boyle all theſe in a quarte of water vntill halfe be conſumed, and ſo being warme cauſe the ſicke to dꝛawe the fume thereof into his Noſtrels often times.

Alſo if the ſicke doth often times ſmell vnto Vinegar, it is good.

For horſenes, remayning when the pockes are gone.

Take:	Licores, Sebeſten, Iuiubes,	of either two ounces.
	Fat Figges,	foure ounces.
	Cleane water,	foure pintes,

Boyle all theſe together vntill halfe be conſumed, then ſtrayne it, and giue one ſponefull thereof to the ſicke often times, and it helpeth.

For filthie and moyſte ſcabbes, after the pockes are gone.

Take.	Lapis calaminaris, Litharge of golde, and of ſiluer.	of either two drammes.
	Quicke brimſtone and Ceruſe.	of either two drammes.

Bring all theſe in fine pouder, and then labour them in a morter with ſo much Barrowes mort or greaſe as ſhalbe ſufficient to make vp an vnguentum and annoynt the place therewith euery morning and euening.

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